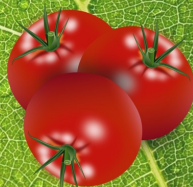


Allergy Free Vegetables



Abby Brown

Allergy Free Vegetables

Includes vision and physical accessibility notes

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This book is a work of fiction. All events, people, and places portrayed are a work of fiction. Any resemblance to real people, places, or events are coincidental and unintentional.

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Cover is a composite of Pixabay pictures.

Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

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Introduction

Writing a cookbook was never intended. In fact, I once thought I would never learn to cook for myself. I was nineteen before I poured my first drink (a soda), and nearly twenty before I touched my first pan. I am thankful for those who took the time to teach a young woman the art and science of cooking. Cooking was one of the last things I learned how to do well in my life.

I almost lost those skills once. I quit cooking when I worked away from home for over twelve hours a day. Like many skills, if you don't use them, you lose them.

Then, when diagnosed as celiac and lactose intolerant, my cooking world turned upside down. What could I do now? I was known for cakes, pies, biscuits, and gravy from scratch!

For years, I cooked without grain. Then, I found grains I could tolerate. Cookies, pizzas, pies, cake mixes, and more. Some were great and fluffy (hard to imagine as gluten free). Others, not so much. I will refer to specific brands in the grain section of this cookbook so you can more easily duplicate recipes.

If you are curious about what gluten, lactose, and fructose are, there is a section in the resources with a few links.

There are many types of vegetarianism. Some eat eggs, others don't. Dairy may, or may not, be consumed. Some consider fish or poultry okay, while others don't. In this cookbook, there is a place for the vegetarian of every variety to note what to avoid in a dish, and a place to add a substitute for each changed ingredient. This space is useful if the cook, or food recipient, has other reasons, including allergies to ingredients, for avoiding meat, and meat like products.

I hope I never lose my ability to cook and enjoy food. I have a new challenge. Low vision and hearing. Along with a fear of cutting my fingers off when slicing vegetables, fruits, or meat.

How will I cope with this?

And cook on a stove as my vision recedes?

What is?

Lactose and Fructose

Lactose is a milk protein that many children and adults cannot digest, causing pain, bloating, and diarrhea.

Fructose is fruit sugar that many people cannot absorb, causing pain, discomfort, and diarrhea.

Meatless Preparation

Meals may be created meat free for a variety of reasons, including protein oversaturation, diet restrictions due to medical needs, allergies, religious reasons, and dislike of a specific meat taste, or texture.

Sometimes, it is easiest to choose a gluten free meal in a restaurant by picking a vegetable dish.

Important note: If choosing to feed meatless preparation frequently to a child, especially under age five, please speak with a medical professional and nutritionist. Occasionally, a meatless meal is fine.

Gluten and Gluten Free

Gluten is a protein found in many grains. It is used as a binder in recipes. It is a common thickener used in gravies, soups, and a surprising number of food and nonfood products.

Living gluten free means a lot more than living without bread, cake, or pie.

It also means avoiding common items, such as stamps or envelopes that have to be licked to be sealed, most pet food, some medications, lotions, shampoos, gloves, and cosmetics.

For more information on products to avoid with gluten and other food intolerances:

American Gastroenterological Association. "Understanding Food Allergies and Intolerances." Accessed 02/26/2010. <http://www.gastro.org/patient-center/diet-medications/food-allergies-fructose-intolerance-and-lactose-intolerance>

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Food Reactions. "Fructose Malabsorption." Accessed 02/26/2010. <http://www.foodreactions.org/intolerance/fructose/malabsorption.html>

Gluten Free Gluten.com "Potential Hidden Sources of Gluten." Accessed 05/20/14. http://www.glutenfreegluten.com/wp-content/downloads/Hidden_Gluten_Sources.pdf

Medicine Net. "Food Allergy." Accessed 02/26/2010. http://www.medicinenet.com/food_allergy/article.htm

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Ultimate Gluten Free. "Sources of Hidden Gluten in Non-Food Products." Accessed 05/20/14. <http://ultimateglutenfree.com/sources-hidden-gluten-non-food-products/>

Weights and Measures

A dash is one sprinkle across a dish. Most commonly used for salt or sugar.

Typical abbreviations:

Tablespoon = tbsp

Teaspoon = tsp

Cup = c

Fluid ounces = fl ounce

Pint = p

Quart = qt

Gallon = gal

Pound = lb

The following section is adapted from: http://www.nal.usda.gov/fnic/foodcomp/Bulletins/measurement_equivalents.html accessed on 04/20/2013.

1 tablespoon = 3 teaspoons

1/16 cup = 1 tablespoon

1/8 cup = 2 tablespoons

1/6 cup = 2 tablespoons + 2 teaspoons

1/4 cup = 4 tablespoons

1/3 cup = 5 tablespoons + 1 tablespoon

3/8 cup = 6 tablespoons

1/2 cup = 8 tablespoons

2/3 cup = 10 tablespoons + 2 teaspoons

3/4 cup = 12 tablespoons

1 cup = 48 teaspoons

1 cup = 16 tablespoons

1 cup = 8 fluid ounces (fl ounce)

1 pint = 2 cups

1 quart = 2 pints

1 quart = 4 cups

4 quarts = 1 gallon

16 cups = 1 gallon

16 ounces = 1 pound

If you enjoy math, you can create all kinds of word problems with these weights and measures. After all, cooking, is a giant math and science puzzle.

Cooking Tools

There are many cooking tools, and they can range in price from \$1.00 to \$1,000.00s. What you need depends on the type of cooking you do. Keep it simple. Often, you need two sets of everything.

Microwave safe measuring cups 1/4 cup size are perfect for melting butter

Measuring cup set: Often come on a ring. Add colored tape to differentiate size. Usually come as 1 cup, 3/4 cup, 1/2 cup, and 1/4 cup.

Measuring spoon set: Often come on a ring. Add colored tape to differentiate size. Usually come as 1 tablespoon, 1/2 tablespoon, 1 teaspoon, 1/2 teaspoon, and 1/4 teaspoon. Occasionally, these are marked with milliliters, as well.

Cookware sets: Stainless steel is safest. Nonstick will peel off into your food.

- 2 large frying pans (typically 8 inch)
- 1 small frying pan (typically 6 inch)
- 2 medium sauce pans (typically 2 or 3 quart)
- 2 small sauce pans (typically 1 quart)
- 2 large pans (Dutch oven or stockpot) (typically 8 quart)
- 1 double boiler (spaghetti pot with 2 strainer inserts, some have a pour spout)

Bakeware sets: Typically, I use glass for much of my baking. Be aware and follow the directions for safety when moving glass dishes from counter to oven to counter to sink. If you store them in the fridge, allow them to warm to room temperature before washing.

- 1 quart (round) with lid
- 1 1/5 quart (round) with lid
- (2) 2 quart (round)
- 2.5 quart (round) with lid
- 1 1/5 quart (oblong) with lid
- 2.5 quart (oblong) with lid
- (2) 8 inch (square)

- (2) loaf pans (glass or stainless steel)
- (2) 8 inch round stainless steel pans
- (2) stainless steel baking sheets
- (1) stainless steel 12 cup muffin pan

Some people use cast iron pans. They are nice. They are also extremely heavy and difficult to move and care for. If you use them, search for guidelines on the internet or from a trusted friend.

More Tools

Knife block: (Always have an extra paring knife or two.)

Scissors

Butcher knife

Fish knife

Paring knife

Utility knife

6 to 8 steak knives

4 spatulas

4 wooden spoons

2 slotted spoons

2 solid spoons

2 soup ladles

Cutting boards: wooden or stone are safer than plastic and easier to keep clean. However, brightly colored ones can be placed under a clear glass cutting board to more easily see foods as they are chopped.

1 for meat

1 for vegetables

1 for fruit

Bag clips - A dozen or so of assorted sizes.

Bowl covers - Even your left overs need a see thru shower cap!

2 sets of mixing bowls. One can double as food storage containers.

8 piece serving set of dishes.

16 piece silverware set.

Extra bowls and cups, as needed.

For safety, many people have use plastic as it won't break as easily and is lightweight. However, it can melt into your food in the microwave. Use microwave safe bowls.

Table top over roaster pan

Mixer

Chopper

Blender

Microwave

Setting up the Kitchen

Safety is the number one goal. Be sure counters, tables, and floors are germ, clutter, and pet free.

Lighting and a clean workspace are necessary. For poorly lit work spaces, a trail riding headlight pointed down, they actually fold, works wonders.

Bleach is the recommended sanitizer to clean counters, stoves, and fridge handles. However, its toxicity is called into question. Whatever you use, be aware of how salmonella and other bacteria spread on counters and between foods. The science of cooking can be fun. However, adding an unintended component, such as bacteria, can cause your experiment to flop.

Thaw ingredients ahead of time to make cooking easier and quicker. With the exception that some raw thin steaks chop easier while half froze.

One meal preparation trick is to place all needed items such as measuring cups, mixing bowls, and ingredients on one side of the work space, and rotate them to the other side when you are finished, so you don't double one ingredient, and skip another.

Some links for food safety:

Food Safety <http://www.foodsafety.gov/> (accessed 04/20/2013).

CDC (Centers for Disease Control) <http://www.cdc.gov/foodsafety/> (accessed 04/20/2013).

USDA (United States Department of Agriculture) http://www.usda.gov/wps/portal/usda/usdahome?navid=FOOD_SAFETY (accessed 04/20/2013).

Many cooks keep a fully stocked pantry, fridge, and freezer.

Want to know what one looks like?

Or how to prepare for one?

A typical list, usually printed in landscape style, is provided below the Low Vision Accommodations for Cooking. On shopping day, I quickly count everything, and use a new color to write in the number per item that I already have. Shopping lists can be sorted by store aisle, food type, or home storage location.

Also, be sure you are aware of expiration dates on food, and use the closest to expiration date first.

The science of expiration dates: It isn't always the food going bad. Preservatives or packaging may leak into the food after a specified

amount of time.

Low Vision Accommodations for Cooking

My vision is declining.

I'm not giving up cooking.

And I'm not giving up eating.

How do I intend to cook with low vision? With simple, cheap, and time saving techniques. Some will require changes that I can do now, though perhaps with less skill later.

Step 1: Electrical Cords

- A. A few years ago, someone recommended taking an odd color of fingernail polish, such as neon pink that you can't miss and paint a dot on top of the wide part of the outlets in the kitchen and throughout the house.
- B. Paint the tips of the cords you plug in. This way, you connect the odd color with itself and there is no need to guess which is the wide and which is the thin piece of the plugin. You may need to use a white polish on black or brown cords.

Step 2: Safety Precautions

- A. Buy cutting boards that contrast with the counters and the foods you most commonly cut.
- B. Arrange storage cabinets to where you reach items without them falling out.
 - 1. Contrast cabinet and drawer handles. Colored electrical tape works.
 - 2. Contrast the outside of the cabinets and drawers with the counters and the floors.
 - 3. Be sure all cabinets and drawers are in good, working order and clean.
- C. Sew, or buy, contrasting placemats and cloth napkins.
- D. Know which colors mean what in your kitchen. For instance:
 - 1. Blue pot holders
 - 2. Red hand drying towel
 - 3. White with blue stripe dish towels
 - 4. Hot pan towels are white towels that sit under hot pans on the table.
 - 5. Dark blue placemats
 - 6. Yellow daily use cloth napkins

7. Light blue company cloth napkins

Step 3: Stove

- A. Colored raised dots to locate temperature settings
- B. Pan handles, either all to the middle, or all pointing out when cooking

Some people say all to the middle. However, when I turn them to the middle, I end up with the food spilled both on the stove and me. Part of that is low dexterity and having my arm in the heat when I reach across the pans. I also don't like reaching across the cooking food, as I don't want hair falling off my arm into the food. If you have low vision with eye and hand coordination problems, your hand could end up in a pan, or grabbing the wrong handle, if they are all tangled in a knot. Do what is safe for you, and others, to prevent spills and burns.

Step 4: Oven Safety

- A. Put the food into the oven before turning it on so you can be sure you know where the food is located and not risk being burned.
- B. Wear tight wristed, long sleeves. Use potholders when pulling cooked food out of the oven. You could take an old sweatshirt, cut out the sleeves, and connect them with elastic for summer use.

Step 5: The Microwave

- A. If you have low vision, puffy numbers can help you find those invisible buttons to set the time. Raised dots could also be used for these and other settings, such as the cook time button. Clear plastic braille numbers also work, and do not affect a sighted person's use of the microwave.
- B. Use potholders under food before you heat it so you don't burn your hands on the plate or bowl.
- C. You can make cloth napkins to tuck under bowls to prevent food splatter, which is vital in a food allergy household.

Step 6: Table Top Oven Roaster

- A. Depending on your height, this may be safest way to cook when used on an eating table, or a sturdy side table. The

food goes down into the roaster, and when done, individual servings can be taken directly from it, allowing it, and the food, a chance to cool safely.

- B. Puffy paint, or raised dots, can be used for typical temperature settings.

Step 7: Coffee Pot

- A. Safely mark water levels and hold it in front of a contrasting wall color while filling with water.
- B. Have a towel handy for spills as you pour the water into back of the coffee pot.

Step 8: Can Openers

Electronic can openers are less work on the wrist.

- A. Always stop before the lid comes completely off so you know where it is and don't get cut.
- B. Always fold the lid back into the can so it safely goes into the trash, and not onto the floor, or slicing the bag, and potentially your leg.

Step 9: Food Chopper

Some people consider this safer than using a knife. While chopping, perhaps. If you have someone to fill, empty, and wash the blade for you. When washing the blades, it is too easy to be severely cut by one, and not know it.

Step 10: Blender

- A. Chop food on a clear glass chopping board, with color contrasting plastic underneath. For instance:
 - 1. Chop tomatoes over green plastic.
 - 2. Chop zucchini over red plastic.
- B. Be sure the blender lid is on tight before use.
- C. Used raised dots or braille symbols to distinguish buttons.

Step 11: Sink (and dirty dish storage)

- A. Organize dirty dish pile in a safe pattern on the counter, never in the sink. Sinks rust from wet dishes, and knives are too dangerous in the sink.
- B. Knives in the back, pointed away from people.
- C. Breakables such as plates, coffee cups, and glass pans, toward the back of the counter.

- D. When washing, never place a knife, or blender blade, in the water and let go of it.
- E. Always place knives and forks sharp end down in the utensil drainer.

Step 12: Fridge

- A. Keep foods organized in a manner that it is easy to recognize a needed item without mixing up two identical containers holding different foods.
- B. Use raised dots to indicate where certain items belong.
- C. Use brailled cards and rubber bands, or clips, to label food containers. Labels are reusable this way, if not leaked on.
- D. Use brightly colored, or special textures to identify either allergen foods, or allergen free foods. For instance, if one member wants a food another is allergic to, use a corduroy tie around it, and the person allergic to the item can easily avoid it.

Step 13: Freezer

- A. Keep foods organized in a manner that it is easy to recognize a needed item without mixing up two identical containers holding different foods.
- B. Use raised dots to indicate where certain items belong.
- C. Use brailled cards and rubber bands, or clips, to label food containers. Labels are reusable this way, if not leaked on.
- D. Use brightly colored or special textures to identify either allergen foods, or allergen free foods. For instance, if one member wants a food another is allergic to, use a corduroy tie around it, and the person with allergic to the item can easily avoid it.

Step 14: Identification Ties

- A. For the crafty inclined, brightly colored ties can be made for food items. Materials may be brightly colored with or without braille letters. Sometimes, scraps can be bought reasonably and made into ties. Or use strips of old worn out clothes. These are washable and reusable.

Some sample materials:

- Corduroy
- Fleece
- Broadcloth

Silks
Upholstery
Tee shirt
Sweats

If using the above:

1. Cut in a straight line, about 2 inches wide, and different lengths.
2. Sew the long side.
3. Use a safety pin to pull the tube right side out.
4. Sew the ends shut.

Strings of material or yarn can be sewn into the ends of the tubes to further help with identification and attachment of labeled cards.

Another alternative: Braids. Strings may be added as needed.

1. Braids of brightly colored yarn. Certain colors may signify a specific food.
2. Braids of material (any of the above listed materials).
3. A mixed braid of material and yarn.
4. A braid of plastic bags.
5. Plastic bags and a combination of material and/or yarn.

B. Plastic Identification Cards

1. Large marker print. Two holes punched in one end to string a tie through.
2. Braille a plastic card. Punch two holes in one end to string a tie through.

C. Use the above ties with milk jug rings. Wooden craft rings also work.

D. Magnets can be used on cans to distinguish them. Beware: P, may stand for pasta, peas, peaches, pears, or pineapples.

E. Tie miniature jingle bells or cowbells to items that go out of date soon.

F. Add magnets to craft sticks with braille labels to show shelf locations of items. When an item is gone, or almost gone, attach to fridge or freezer for a quick shopping list.

G. Foam craft pieces. Some have stickers. Others can be magnetized. Mostly brightly colored.

H. Pipe cleaners with or without labels.

J. Sometimes in baby shower or birthday sections, there are packs of small items with holes that can be strung like beads and used to identify products.

K. Strings or safety pins of beads. Use combinations, such as wooden beads, and plastic beads of all shapes and sizes. Some come in animal shapes.

Sample Pantry Shopping List

Gluten Free:

Spaghetti

Noodles

Cake Mix

Bisquick

Chicken Noodle Soup

Chicken Wild Rice

Beef Broth

Chicken Broth

Spinach

Turnip Greens

Asparagus

Chili:

Tomato Juice

Diced Tomatoes

Dark Red Kidney Beans

Light Red Kidney Beans

Chili Hot Beans

Pinto Beans

Great Northern Beans

Beans:

Beans with Bacon

Refried Beans

Pork Beans

Baked Beans

Green Beans

Pintos with Onions

Lima Beans

Butter Beans

Vegetables

Diced Potatoes

Whole Potatoes

Sliced Potatoes

Carrots

Peas

Peas and Carrots

Mixed Vegetables

Mushrooms
Corn
Succotash
Sauces
Horseradish Mustard
Spicy Brown Mustard
Yellow Mustard
Ketchup
Ranch Dressing
Italian Dressing
Spaghetti Sauce
Barbecue Sauce
Relish
Mayonnaise

Canned Meats:

Tuna
Chicken
Salmon
Spam

Snacks:

Raisins
Pringles
Potato Chips
Corn Chips
Pretzels
Applesauce

Breakfast:

Pop Tarts
Oatmeal
Cereal
Soy or Almond Milk

Non Gluten Free

(Brand) Chili
Strawberry Jelly
Apricot Jelly

Drinks:

Tea
Coffee - regular
Coffee - flavored
Lemonade

Spice Cabinet:

Onions
Chili Powder
Bacon Bits
Toothpicks
Vanilla

Other:

Kitchen Bags
Outside Bags
Hand Soap
Vegetable Oil
Paper Plates (Large)
Paper Plates (Small)
Plastic Cups
Plastic Bowls
Plastic Spoons
Coffee Filters
Paper Towels
Toilet Paper

Cleaning:

Yellow Gloves
Clear Gloves
Vinegar
Bleach
Dawn
Grey Scrubbers
Yellow and Green Pads
Wood Soap

Bathroom:

Men's Shampoo
Men's Razors
Men's Shaving Cream
Women's Razors

Women's Shaving Cream

Hand Soap

Cleaning Pads

Alcohol

Peroxide

Bandages

Antibiotic Ointment

Vegetables

It's not always easy to find the time, or the place, to grow vegetables on your own. If you live in the city, you may not be allowed, or have enough room, to grow many vegetables. Some can be grown in planters on a porch, especially tomatoes, though they may require far more water than plants in the ground. Window gardens work for some vegetables in places where there is no porch. Growing your own vegetables is a great way to relax. It can be a wonderful release from the pressures and pains of daily life.

When growing plants indoors, there are many factors to consider: safety for pets, children, elderly, sunlight, and the risk of mold. A benefit to growing vegetables indoors is an increase in oxygen and humidity in the home environment. With the right lighting and sunshine, some vegetables and herbs, can be grown year round.

A sun porch, or a plastic covered row, can work similar to a greenhouse to provide fresh vegetables all year.

Raised, or window, gardens provide gardening opportunities regardless of physical ability to work at ground level. They also prevent dogs from digging in them. While initially expensive, they provide reuse and recycle opportunities, especially for plastic and ceramic tubs.

One of the most important benefits of a home garden is knowing the food is safe from pesticides and environmentally damaging fertilizers. Soil tests can be bought at local hardware stores to verify the safety of the ground you want to grow a garden in.

Beans

Beans are both a super food, and at times, a painful food. Beans provide some forms of protein, and many vitamins, and minerals. They are a vital food for many people. In some cases, cooking the beans longer will reduce the pain and air formed from their being devoured by live bacteria in the stomach. In other cases, eating some yogurt the day before, will improve the beneficial stomach bacteria.

Beans are one of the easiest vegetables to grow. There are dozens of types of green beans. Some grow into a bush. Others have long vines that need to tangle along objects. Corn stalks are used for this in some regions. Beautiful purple striped dragon beans add color to the garden and can be cooked and eaten like regular green beans. Or allow them to grow and dry before picking.

Black beans are very low maintenance bean. Plant them, water them, and let them grow until they dry out. Then pick them and shell them. Boiled and frozen, they are just as good months later.

Grilled Baked Beans

Grilled baked beans are the least messy and quickest way to cook baked beans. They can either be cooked in a reusable aluminum foil pan, or in aluminum foil packets. These are best made with prepared canned baked beans, as the grill doesn't cook long enough to fully cook pinto beans from scratch. They can be a great additional protein, whether grilling in summer or winter. An easy way to add a vegetable if no other way to cook is available. Either way, a little seasoning and the beans will have a delicious taste enjoyable with any meal.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Barbecue Sauce
- Beans
- Brown Sugar (diabetics)
- Butter (lactose)
- Ham
- Honey (diabetics)
- Onions
- Pepper
- Pork
- Spices

Meatless Preparation Avoid:

- Butter
- Ham
- Pork

Substitute with: _____

Utensils:

Fork

Pot holders

Spoon

Pan:

1 quart grill safe aluminum pan, or

** aluminum foil packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:

Optional:

1/2 cup of diced ham, or

1/2 cup of diced pork

Vegetables:

15 ounces of baked beans, or

15 ounces of pinto beans

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to 1 quart grill safe aluminum foil pan, or aluminum foil packet:

15 ounces of baked beans, or

15 ounces of pinto beans

1/2 cup of pork or ham, as needed.

- A dash of salt
- 1/4 cup brown sugar if using pinto beans.
- 2. Place on grill.

Cook Temperature: Grill

Cook Time: Varies, typically 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Oven Baked Beans

Baked beans are commonly eaten with grilled foods and many summer meals. With or without ham, they are a good source of protein. Baked beans can be either from a can, in a variety of flavors, or made with your own flavor combinations. Pinto beans make an excellent baked bean. Common sweeteners include honey, brown sugar, and molasses. Use only one at a time, and start with 1/4 cup, increasing, if necessary. Some people like to make baked beans tart by adding ketchup or barbecue sauce. Again, start with a small amount and increase the next time, if needed.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for one hour when meal will be done

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Beans
- Brown Sugar (diabetics)
- Butter (lactose)
- Ham
- Honey (diabetics)
- Onions
- Pepper
- Pork
- Spices

Meatless Preparation Avoid:

- Butter
- Ham
- Pork
- Substitute with: _____

Utensils:

Fork

Pot holders

Spoon

Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

1/2 cup of diced pork, or

1/2 cup of diced ham

Vegetables:

15 ounces of baked beans, or

15 ounces of pinto beans

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of brown sugar, or

1/2 cup honey

Preparation time: 10 minutes

Preparation:

1. Add to 1.5 quart oven safe pan:

15 ounces of baked beans, or

15 ounces of pinto beans

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of brown sugar, or

1/2 cup honey

2. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Pan Baked Beans

Most people think of baked beans as out of a can. Heating canned baked beans on a stove is possible, though they burn easily. Many of the same flavorings as oven baked beans can be used for stove top baked beans. A note of warning: brown sugar, molasses, or honey will stick and burn quickly. If you cook baked beans on the top of the stove, keep the heat lower than half way, and stir constantly. Some of the flavors, whether sweet or tart, will be less noticeable if cooked on a stove top. They also cook in less time.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Beans
- Brown Sugar (diabetics)
- Butter (lactose)
- Ham
- Honey (diabetics)
- Mushrooms
- Onions
- Pepper
- Pork
- Spices

Meatless Preparation Avoid:

- Butter
- Ham
- Pork
- Substitute with: _____

Utensils:

Pot holders

Spoon

Pan: 1 quart sauce pan

Ingredients:

Meat:

1/2 cup of diced pork, or

1/2 cup of diced ham

Vegetables:

15 ounce can of baked beans, or

15 ounce can of pinto beans

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of brown sugar, or

1/2 cup honey

Preparation time: 10 minutes

Preparation:

1. Add to 1.5 quart oven safe pan:

15 ounces of baked beans, or

15 ounces of pinto beans

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of brown sugar, or

1/2 cup honey

2. Cook over medium heat.

3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: One notch below medium heat

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Fresh Black Beans

Black beans are a fascinating, low work, high yield plant. Plant them, water them, and they are the first bean to grow. Don't pick the beans until the pods and the plants die and dry up. Harvest when you have time to shell them. Shell them within a few days, or the beans may begin to grow in their pods. At this point, wash and boil the beans on a low simmer for a few hours. After they cook and cool, they can be frozen in individual, meal sized amounts. A half bushel basket of bean pods yields about 24 servings.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later
- C. Check and stir each hour

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Beans
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Fork
- Pot holders
- Spoon
- Pan: 1 double boiler

Ingredients:

Meat: None

Vegetables:

15 ounces of black beans

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices such as pepper to taste

Preparation time:

Hours to shell them

10 minutes to rinse beans

Preparation:

1. Shell black beans.
2. Rinse beans 2 or 3 times in warm water.
3. Allow double boiler to boil at medium heat.
4. Turn down to a simmer, and stir at least every half hour until done.

Cook Temperature: Medium to low

Cook Time: 3 to 4 hours

Servings: Varies based on amount of beans shelled

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Frozen Black Beans

Once the fresh black beans have cooked and cooled, they can then be frozen for later use. They can be frozen in 12 ounce bags, or whichever meal sized container. They last a long time frozen. They generally need an hour, or more, to thaw out before a meal. Black beans are perfect as a single side dish to a larger meal, or part of a mixed vegetable combo, especially with corn for Mexican style meals. However, you choose to portion black beans, they are easy to use in any favorite dish.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 10 minutes later. Stir every 10 minutes

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Beans
- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Pot holders
- Spoon.
- Pan: 1 quart pan

Ingredients:

Meat: None

Vegetables:

15 ounces of black beans

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place 15 ounces of black beans in 1 quart pan.
2. Add:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
3. Heat to almost a boil, and turn down to a simmer.
4. Stir at least every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Baked Dragon Beans

Baked dragon beans require a little more work than green beans. It is well worth it. Dragon beans need to cook more thoroughly, so are not recommended for grilling. If baked from fresh, they tend to taste and feel like a wax bean. Plenty of water, and a teaspoon of butter improve the taste. Sometimes, it's nice to add a tablespoon of bacon grease from breakfast, 1/4 cup of bacon bits, or a 1/4 cup of chopped ham. Dragon beans can be mixed with other beans or squash.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon Bits
- Butter (lactose)
- Dragon Beans
- Ham
- Onions
- Pepper
- Pork
- Spices

Meatless Preparation Avoid:

- Bacon Bits
- Butter
- Ham
- Pork

Substitute with: _____

Utensils:

Pot holders

Spoon

Pan: 1.5 quart oven safe with lid

Ingredients:

Meat:

1/4 cup of bacon bits, or

1/4 cup of chopped ham

Vegetables:

15 ounces of dragon beans

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place 15 ounces of fresh or thawed dragon beans in a 1.5 quart oven safe pan.
2. Add:
 - 1 tablespoon of butter
 - 1/4 cup of bacon bits, or
 - 1/4 cup of chopped ham
 - Dash of salt
 - Spices, such as pepper, to taste
 - Enough water to cover the top of the beans
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in

the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Dragon Beans

Dragon beans are a tasty treat I found in the garden department of the local chain hardware store. They grow easily and bloom a beautiful deep purple. These purple beans have to be picked daily. Ones that seem tiny today will tomorrow be a foot long and white. The best time to pick them is when they are mottled with purple. Dragon beans need more cooking time than the average green bean, a full hour. Eating them raw, or semi raw, can cause an upset stomach. They can be washed, chopped, and frozen in 12 ounce freezer bags without cooking.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to begin cooking
- B. Timer set for 1 hour later, when meal should be ready to eat
- C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Dragon beans
- Onions
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 1 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of dragon beans

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place 15 ounces of dragon beans in 1 quart sauce pan.
2. Add:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
3. Cook to a boil over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Baked Green Beans

Baked green beans are an easy, no fuss way to fix them without stirring every ten minutes or risk burning them. Green beans can be baked by themselves, or in many casserole formations. French cut green beans are best for boiling, while blue lake, and other sliced varieties are best for baking or grilling. They are easy to grow, pick, wash, slice, freeze, and cook as needed. Some types grow on long, trailing vines. Others grow on waist high bushes. No need to cook before freezing. Two rows will grow a year's worth for two people, plus plenty to share.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Grow as bush beans in a raised garden, or as vine on a trellis

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon
- Butter (lactose)
- Ham
- Pepper
- Pork
- Spices

Meatless Preparation Avoid:

- Bacon
- Butter
- Ham
- Pork

Substitute with: _____

Utensils:

Pot holders

Spoon

Pan: 1.5 quart with lid

Ingredients:

Meat:

Optional:

1/4 cup chopped bacon, or

1/4 cup of chopped ham

Vegetables:

15 ounces of green beans (blue lake or sliced work best)

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

From fresh: Pick, wash, and slice 12 ounces of beans. Allow at least 30 minutes preparation before cooking.

1. Add 1.5 quart pan:

15 ounces of green beans

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Enough water to fully cover the contents

Optional:

1/4 cup chopped bacon, or

1/4 cup of chopped ham

2. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Baked Green Beans, Squash, and Ham

Baked green beans, squash, and ham is an excellent awakening to spring and summer garden fare. This dish can be eaten by itself or as a side dish to a larger meal. For a vegetarian version, use mushrooms in place of meat. Fresh from the garden or farmers market vegetables are best. Grocery store vegetables will need additional flavor. Freezing doesn't affect fresh vegetable flavor, though they may add water to the pan as they thaw. Vegetable and meat combinations such as this can be chopped and frozen together while fresh. They do not need to be cooked before freezing.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon
- Butter (lactose)
- Green Beans
- Ham
- Honey (diabetics)
- Mushrooms
- Onions
- Pepper
- Pork
- Squash (seeds)
- Spices

Meatless Preparation Avoid:

Bacon
Butter
Ham
Pork
Substitute with: _____

Utensils:

Fork
Pot holders
Spoon
Pan: 2.5 quart oven safe oblong pan with lid

Ingredients:

Meat:

1/4 cup chopped bacon, or
1/4 cup of chopped ham

Vegetables:

15 ounces of green beans (blue lake, or sliced work best)
1 yellow squash, or
1 zucchini

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

From fresh: Pick, wash, and slice 12 ounces of beans and 12 ounces of yellow squash, or zucchini, probably 45 minutes work before cooking.

1. Wash and slice:

15 ounces of green beans
1 yellow squash, or
1 zucchini

Slice:

1/4 cup chopped bacon, or
1/4 cup of chopped ham

2. Add to 2.5 quart oven safe oblong pan with lid:

1/4 cup chopped bacon, or

1/4 cup of chopped ham

1 tablespoon of butter

15 ounces of green beans

1 yellow squash, or

1 zucchini

Dash of salt

Spices, such as pepper, to taste

Enough water to fully cover the contents

3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
 2. Add a little water.
 3. Heat until thoroughly warm, about 20 minutes.
- Add your oven time here: _____.

Boiled Green Beans

Most often used for canned green beans. A quick way to heat them, though they aren't as flavorful. Frozen green beans can also be boiled, though they often take longer. Boiled green beans will fill the air with the smell of the spring garden. Green beans are highly nutritious with many vitamins and minerals. They good for more than food, as well. Cats will happily steal them from the basket and play with them for hours. Dogs will eat cooked green beans. Ask your veterinarian for an appropriate amount, and how to fix them for dogs.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Green Beans
- Onions
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 1 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of green beans

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time:

5 minutes

Estimate 30 if you have to pick, wash, and cut them before cooking them.

Preparation:

1. Add to 1 quart sauce pan:

1 tablespoon of butter

15 ounces of green beans

Dash of salt

Spices, such as pepper, to taste

Enough water to cover

2. Cook over medium heat.

3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes, stirring every 10 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Green Bean Casserole

There are dozens of ways to create a green bean casserole. One can be created from fresh cut or frozen green beans. They can be a meal themselves, or a side dish to a festive occasion. Favorite vegetables to add to green bean casseroles include: corn, carrots, mushrooms, and potatoes. Potato flakes add a luscious layer of whiteness and flavor to the finished dish. Typically diced ham is the primary meat added, though occasionally, bacon bits can be a delicious alternative. Depending on the depth of the pan, a green bean casserole may take 1.5 hours to cook.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon Bits
- Butter (lactose)
- Cream of Mushroom Soup (gluten)
- Ham
- Mushrooms
- Onions
- Pepper
- Potatoes
- Pork
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter

Ham

Substitute with: _____

Utensils:

Pot holders

Spoon

Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:

1 cup of bacon bits, or

1 cup of ham

Vegetables:

2 (15 ounce) cans of green beans

Optional:

15 ounces of carrots

15 ounces of corn

8 ounces of mushrooms

1.5 cups of potato flakes

Other ingredients:

Cream of mushroom soup (gluten free)

Dash of salt

Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:

1. Add to 2.5 quart oven safe pan with lid:

1 cup of bacon bits, or

1 cup of ham

2 (15 ounce) cans of green beans

Gluten free cream of mushroom soup

Dash of salt

Spices, such as pepper, to taste

Optional:

15 ounces of carrots

15 ounces of corn

8 ounces of mushrooms

2. Sprinkle 1.5 cups of potato flakes on top.
3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 to 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Green Beans and Potatoes

Green beans and potatoes are a delicious side dish. A tablespoon of butter, or bacon grease, increases the flavor. This can be a wonderful, fresh from the garden side dish. Potatoes can be baked with their skin on or off. Red potatoes are a good choice, as are other tiny potatoes from the first potato dig of the year. If cooked on top of the stove, it needs to simmer for about 30 minutes, stirring every ten minutes. Green beans and potatoes can be grilled in an aluminum grill safe pan, or grill packet. See grilled green beans for more details.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be use.
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Use sliced, or diced potatoes, instead of whole potatoes

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon Bits
- Butter (lactose)
- Green Beans
- Ham
- Mushrooms
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

Pot holders

Spoon

Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits, or

1/4 cup of ham

Vegetables:

15 ounces of green beans

5 small new potatoes

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to 2.5 quart oven safe pan with lid:

1/4 cup of bacon bits, or

1/4 cup of ham

1 tablespoon of butter

15 ounces of green beans

5 small new potatoes

Dash of salt

Spices, such as pepper, to taste

2. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Grilled Green Beans

Grilled green beans are best with fresh picked green beans. Formerly frozen green beans can be grilled, though they may be mushier. Some people do not like grilled green beans, as they feel the texture is of half raw green beans, which can be a stomach irritant. Green beans can be grilled in an individual packet or mixed with potatoes, butter, and even ham or bacon bits. The fuller the packet, the more time it will need to cook. Sometimes, placing the vegetables on the grill before the meat is the best way to verify that they cook completely.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Use sliced, or diced potatoes, instead of whole potatoes

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon Bits
- Brown Sugar (diabetics)
- Butter (lactose)
- Green Beans
- Ham
- Honey (diabetics)
- Mushrooms
- Onions
- Pepper
- Pork
- Potatoes
- Spices

Meatless Preparation Avoid:

Bacon bits

Butter

Ham

Substitute with: _____

Utensils:

Fork

Pot holders

Spoon

Pan:

Aluminum grill safe pan, or

** Aluminum grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits, or

1/4 cup of ham

Vegetables:

15 ounces of green beans

Optional:

5 small new potatoes

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add the following to aluminum grill safe pan or

* Aluminum grill packet
15 ounces of green beans
Dash of salt
Spices such as pepper to taste.

Optional:

1/4 cup of bacon bits, or

1/4 cup of ham

5 small new potatoes

2. Place pan on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Baked Pinto Beans and Cornbread

A quick way to make a meal that will sooth a sore throat. Many, many years ago, I experimented with this dish idea. It comes from long forgotten roots. A cornbread cake that can be molded into individual serving patties, loaded with pinto beans, and optionally, bacon bits, ham, onions, and vegetables or spices. These cakes can be baked and frozen in single servings. They can be crumbled in milk or heated and crumbled in soup. Syrup can coat the cornbread for sweetness and calories in a bitter winter. Basic cornbread and beans may be soupy, or more solid.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon
- Butter (lactose)
- Eggs
- Ham
- Milk (lactose)
- Onions
- Pepper
- Pinto Beans
- Spices

Meatless Preparation Avoid:

- Bacon
- Butter
- Eggs
- Milk

Ham

Substitute with: _____

Utensils:

Medium sized mixing bowl

Pot holders

Spoon

Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:

Optional:

1/2 cup of chopped bacon, or

1/2 cup of chopped ham

Vegetables:

1/2 cup of chopped onion

15 ounces of pinto beans

Other ingredients:

Cornbread mix (gluten free)

Verify extra ingredients:

1/4 cup of butter, + 2 tablespoons of butter

2 eggs

1 cup of milk

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Chop:

1/2 cup of onion

Optional:

1/2 cup of bacon, or

1/2 cup of ham

Cornbread:

1. Mix in medium sized bowl:

1/4 cup of butter, + 2 tablespoons of butter

- Cornbread mix
- 2 eggs
- 1 cup of milk
- Dash of salt
- Spices, such as pepper, to taste
- 2. Mix into the cornbread:
 - 1/2 cup of chopped onion
 - 15 ounces of pinto beans
 - Optional:
 - 1/2 cup of chopped bacon, or
 - 1/2 cup of chopped ham
 - It should form a thick paste.
 - Optional: Shape individual patties.

Combine in 2.5 quart oven safe pan with lid:

1. Butter the bottom and sides of the pan.
2. Add 8 bits of butter to the top. (A thin slice of butter cut into 4 squares.)
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Baked Pinto Beans and Onions

Baked pinto beans and onions have a thick, rich flavor that echoes with memories of the past. The perfect recipe to pour over top of gluten free cornbread. Pintos, onions, and cornbread will sooth a sore throat and bring comfort on a chilly winter's evening. Pinto beans can be cooked from a hard shelled bag. This process takes most of a day. Cook a bag, bake a meal's worth, and then freeze the boiled beans. In fact, baked pintos and cornbread can be prepared at any time of year, frozen in individual servings, and ready to cook when needed.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon
- Butter (lactose)
- Ham
- Onions
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon
- Butter
- Ham
- Substitute with: _____

Utensils:

- Fork

Pot holders

Spoon

Pan: 2 quart oven safe pan with lid

Ingredients:

Meat:

Optional:

1/2 cup of chopped bacon, or

1/2 cup of chopped ham

Vegetables:

1/2 cup of chopped onion

15 ounces of pinto beans

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Chop:

1/2 cup of onion

Optional:

1/2 cup of bacon, or

1/2 cup of ham

2. Add to 2 quart oven safe pan:

1 tablespoon of butter

1/2 cup of chopped onion

15 ounces of pinto beans

Dash of salt

Spices, such as pepper, to taste

Optional:

1/2 cup of bacon, or

1/2 cup of ham

4. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Pinto Beans

Boiled pinto beans are a quick side dish for a meal when in a hurry. It's not the same flavor as baked with onions and ham, though it does provide a touch of comfort. They do need to boil longer than some beans so that they produce less air when the good stomach bacteria begin to break them down while digesting. Boiled pinto beans can be fried with two tablespoons of oil to create the base of refried beans to be used in tacos. This is a slow process, and the beans will burn easily if they are not stirred frequently.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Ham
- Onions
- Pepper
- Pinto Beans
- Pork
- Spices

Meatless Preparation Avoid:

- Butter
- Ham
- Pork
- Substitute with: _____

Utensils:

Spoon.

Pan: 1.5 quart sauce pan

Ingredients:

Meat:

Optional:

1/4 cup chopped ham

Vegetables:

15 ounces of pinto beans

Optional:

1/4 cup chopped onions

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:

1. Chop:

Optional:

1/4 cup ham

1/4 cup onions

2. Add to 1.5 quart sauce pan:

1 tablespoon of butter

15 ounces of pinto beans

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup ham

1/4 cup onions

3. Cook over medium heat.

4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 to 45 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Fried Pinto Beans

Fried pinto beans are a staple for tacos. They also work well as a paste to spread on pizzas. Easy to make, easy to burn, and very tasty. When the gums or throat are sore, they are a gentle food to eat. A little oil can keep them from clumping too much in a pan. The bean paste taste is refreshing. When frying, stay with the meal, and stir frequently, keeping the mixture barely bubbling. For additional non spice flavor, try adding a bit of tomato juice or pickle juice. Some people make unnecessarily spicy fried pinto beans.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Ham
- Mushrooms
- Onions
- Pepper
- Pinto Beans
- Spices

Meatless Preparation Avoid:

- Butter
- Ham
- Substitute with: _____

Utensils:

- Pot holders
- Spoon

Pan: 1.5 quart pan

Ingredients:

Meat:

Optional:

1/4 cup chopped ham

Vegetables:

15 ounces of pinto beans

Optional:

1/4 cup chopped onions

Other ingredients:

Dash of salt

1 tablespoon of butter

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add enough oil to cover the bottom of an 8 inch frying pan.
2. Add:
 - 15 ounces of pinto beans
 - Dash of salt
 - 1 tablespoon of butter
 - Spices, such as pepper, to tasteOptional:
 - 1/4 cup chopped ham
 - 1/4 cup chopped onions
3. Bring to a boil on medium heat.
4. Stir. Lower heat to a simmer, and cover with a lid.
5. Stir every 5 minutes until beans break apart easily.

Cook Temperature: Medium to low

Cook Time: 30 to 45 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Bean Salad

Bean salad is another common summer food. High in certain types of protein, it is easy to fix and enjoy, regardless of environmental temperature. Although the beans can be added raw, cooking ahead of time can prevent later stomach issues. This is an easy to make meal while traveling with canned ingredients. An entire jar of mayonnaise can be used while on vacation and stored in a fridge, or a chilled bag, during a drive. If planning to make a new salad every night, such as the pea, egg, chicken, and seafood, the mayonnaise will be gone in a hurry.

Preparation:

- A. Set timer to boil eggs for one hour before meal preparation
- B. Set timer set to one hour while eggs boil
- C. Eggs need to cool before shelling
- D. Set timer for 10 to 15 minutes of preparation time
- E. Cook the beans ahead of time

Meal Adaptations:

Physical Accommodations:

- Canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Crackers
- Crumbs (gluten)
- Eggs
- Kidney beans
- Mayonnaise
- Onion
- Pepper
- Relish
- Spices

Meatless Preparation Avoid:

- Eggs
- Substitute with: _____

Utensils:

Chopping board

Mixing bowl

Paring knife

Wooden spoon

Pan: None

Ingredients:

Meat:

4 boiled eggs

Vegetables:

15 ounces of red kidney beans.

Note: Kidney beans can be eaten raw. If they cause stomach trouble when eaten raw, cook them ahead of time and allow them to fully cool before making the salad.

1/4 cup chopped onion

Other ingredients:

1/2 cup of mayonnaise (adjust as needed)

2 tablespoons of pickle relish (or diced pickles)

1/4 cup chopped celery

Dash of salt

Spices, such as pepper, to taste. (Commonly used include: garlic powder, lemon pepper.)

Optional:

Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:

1. Boil at full boil for 10 minutes 4 eggs.

Takes about 45 minutes to an hour

2. Chop and add to medium sized mixing bowl:

1/4 cup of celery

4 boiled eggs

5 ounces of red kidney beans

1/2 cup of mayonnaise (adjust as needed)

1/4 cup of onions

2 tablespoons of pickles

Optional:

6 ounces of peas

Spices, such as pepper, to taste

Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.

4. Add more mayonnaise, if needed.

5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes and place in the fridge

Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources

Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:

Allow to warm on plate for 3 to 5 minutes before eating.

Broccoli

Broccoli is generally considered one of the super foods in vegetables. Some say it is an acquired taste. Others like broccoli far better than broccoli likes them. Even people who don't generally like, or even tolerate broccoli, will usually eat casseroles or soups that include it in small amounts.

While symptoms may differ, an iron like taste in the mouth can develop after eating it. Extreme stomach pain and visible bloating may occur. It can last for many hours. If this happens, do not eat raw or steamed broccoli. Do not eat broccoli at a restaurant where you cannot verify it is fully cooked.

Cooking broccoli helps prevent the pain and bloating. Eating it on a full stomach, in small amounts, and no more than a partial serving several days apart, may prevent pain. For others, it can no longer be tolerated regardless.

Growing broccoli is relatively easy. It is fun to watch grow, and though a little tough to cut the stalks off, they will continue to regenerate the rest of the growing season.

Baked Broccoli

One of my favorites from college days. During that time, I'd take a large bag of frozen broccoli, place it in the baking pan, and add 1/2 a foot long chunk of cheese, sprinkle bacon bits on it, and sometimes crumble crackers on top. While that meal sounds delicious, it is not gluten or lactose free and could cause serious digestive complications. The following recipe will attempt to create a less fat, more filling, comfortable gluten and lactose free meal. Baking broccoli will reduce digestion time and discomfort. Another way to help is eating yogurt to improve the good stomach bacteria.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon Bits
- Broccoli
- Butter (lactose)
- Cheese (lactose)
- Mushrooms
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Cheese

Substitute with: _____

Utensils:

Chopping board

Knife

Pot holders

Spoon.

Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of broccoli

Other ingredients:

1 tablespoon of butter

1/2 cup of cheese

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop broccoli.
2. Place in 1.5 quart oven safe pan:
15 ounces of broccoli
1 tablespoon of butter
1/2 cup of cheese
Dash of salt
Spices, such as pepper, to taste
Enough water to cover most of the broccoli.

Optional:

1/4 cup of bacon bits

3. Cover pan and place in oven.

Cook Temperature: 350 degrees

Cook Time:

45 minutes from thawed broccoli, or

1 hour for frozen broccoli

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Broccoli

Boiled broccoli is quicker than baking broccoli. However, you have to stir it constantly. Melting the cheese properly is sometimes difficult, as it may burn. Boiled broccoli without cheese may lose some of its flavor. A rolling boil may deplete some of the vitamins and minerals. Boiling allows it to become tender enough to chew easily. Only lightly boiling broccoli would make it steamed, which is supposed to help it retain vitamins and minerals. While broccoli can be microwaved, it generally doesn't get completely cooked that way. However, steamed or microwaved broccoli can cause digestive ailments, including pain and bloating.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon Bits
- Broccoli
- Butter (lactose)
- Cheese (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Cheese
- Substitute with: _____

Utensils:

Chopping board

Knife

Pot holders

Spoon.

Pan: 2 quart sauce pan

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of broccoli, thawed is better

Other ingredients:

1 tablespoon of butter

1/2 cup of cheese

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop broccoli.
2. Add to a 2 quart pan:
15 ounces of broccoli
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Enough water to cover broccoli
Optional:
1/4 cup of bacon bits
3. Heat to a boil.
4. Reduce to a simmer, stirring every 10 minutes.
5. After 20 minutes, add the 1/2 cup of cheese carefully.
6. Stir constantly, or it will stick and burn.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Grilled Broccoli

Grilled broccoli is delicious. Spice or barbecue sauce are frequently added, though not necessary. However, it may end up only steamed, and not fully cooked, which can cause problems for those who have become unable to properly digest it. Broccoli on the grill is best with butter and bacon bits. Adding the broccoli packet to the grill before the meat helps it cook faster, and more fully. Broccoli can be grilled with other vegetables, including cauliflower, squash, and green beans. It's a fun side dish, and a great way to share vegetables with children in a way they don't expect.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon Bits
- Broccoli
- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Knife
- Pot holders

Pan:

Grill safe aluminum pan, or

** Grill packet.

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of broccoli

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop broccoli.

2. Add to grill safe aluminum pan, or grill packet:

15 ounces of broccoli

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of bacon bits

3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Raw Broccoli

A onetime favorite. Our ancestors ate vegetables raw. Why can't current generations? Our generations took too many antibiotics, which removed the good digestive bacteria from our systems. Yogurt will put some back in. Somehow, something, is still missing. Raw broccoli can leave a strong flavor in the mouth and an iron odor in the nose. It can cause serious upset stomach. Wash well to rid the broccoli of pesticides and other chemicals from processing and the grocery store. It's common for grocery store food, even in packets, to end up on chemically treated floors, transferring those chemicals to the foods.

Pre Cook Preparation:

Marinate: Yes, in butter

A. Wash broccoli with warm water

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while washing

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli

Butter

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Chopping board

Knife

Pan: None

Ingredients:

Meat: None

Vegetables:

Fresh raw broccoli

Frozen will work, if thawed

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash broccoli well under warm water.
2. Chop broccoli.
3. Melt 1 teaspoon of butter in microwave for about 15 to 20 seconds.
4. Pour butter and add a dash of salt. (Or see step 6).
5. Allow to soak in the butter a few minutes, if desired.
6. Or, use a salty butter a dip for the raw broccoli.

Cook Temperature: None

Cook Time: None

Servings: Varies

Servings: 3 broccoli heads

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes and then place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in

Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in

Resources

Reheat Instructions: None

Broccoli and Cauliflower

Broccoli and cauliflower are commonly eaten together to offset each other. Before eating, cooking, or freezing, be sure and clean them well. Bugs like to hide in microscopic leaves.

Broccoli is tart next to the slightly sweet and tangy cauliflower. Green and white blend together, often with salt and pepper to add more flavor and texture. When eaten raw, they are crisp and crunchy, leaving a lingering odor in the nose and spicy flavor on the tongue. Once steamed, the texture, odor, and lingering taste are only slightly dampened. Fully cooked, the pieces separate, and are easy to break apart and eat. Their texture is soft and gentle with little lingering taste or odor.

While some people eat them raw, steamed, or sliced on a salad, others prefer them cooked.

Freezing broccoli and cauliflower together, or separate, helps break down some of the chemical reactions that can cause stomach bloating and pain. If those issues are a concern, cook them well before eating. After they are cooked, they can be frozen for later meals.

Baked Broccoli and Cauliflower

Baking broccoli and cauliflower releases some of the chemical reactions that raw broccoli and cauliflower can produce in the stomach. The longer it is baked, the less internal reaction will occur. If the broccoli and cauliflower is only softened, the chemical reaction with stomach acids will still occur, though perhaps lessened if the stomach is full of other food. Fully cooked broccoli and cauliflower should be soft enough to cut with a fork. Butter and bacon or ham bits will improve the flavor, and they may reduce later stomach reactions. Include them in a casserole, instead of an individual dish.

Precook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits (gluten)
- Broccoli
- Butter (lactose)
- Cauliflower
- Ham
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 1 quart oven safe pan with lid

Ingredients:

Meat:

Optional:

1/4 cup chopped ham, or

1/4 bacon bits

Vegetables:

15 ounces of chopped broccoli

15 ounces of chopped cauliflower

Other ingredients:

2 tablespoons of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop:

15 ounces of broccoli

15 ounces of cauliflower

2. Chop optional:

1/4 cup chopped ham, or

1/4 bacon bits

3. Add to oven safe 1 quart pan with lid:

15 ounces of broccoli

2 tablespoons of butter

15 ounces of cauliflower

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup chopped ham, or

1/4 bacon bits

4. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 30 minutes

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Broccoli and Cauliflower

Broccoli and cauliflower are both reported to contain cancer fighting properties. Boiling is supposed to be the fastest way to reduce the amount of cancer fighting properties. According to some sites, to best maintain those properties while eating, eat them raw, or lightly steamed. Steamed is barely heated to warm. Not always an option, especially for people without teeth. Cauliflower is considered a great source of fiber. However, don't drastically increase fiber intake at one time.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli
Butter (lactose)
Cauliflower
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Pot holders
Spoon

Pan: 2 or 3 quart sauce pan

Ingredients:

Meat: None

Vegetables:

12 to 15 ounces of chopped broccoli

12 to 15 ounces of chopped cauliflower

Other ingredients:

2 tablespoons of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop:

12 to 15 ounces of broccoli

12 to 15 ounces of cauliflower

2. Add to 2 to 3 quart sauce pan:

12 to 15 ounces of chopped broccoli

2 tablespoons of butter

12 to 15 ounces of chopped cauliflower

Dash of salt

Spices, such as pepper, to taste

3. Cook to a rolling boil.

4. Turn heat down 1/3, and stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 20 to 30 minutes, depending on desired texture

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Grilled Broccoli and Cauliflower

Broccoli and cauliflower have color, taste, and texture that offset each other well. When grilled, they are more cooked than when steamed, though not as fully cooked as boiling or baking. Additional flavorful ingredients include bacon bits, diced ham, onions, parsley, or green beans. They can be steamed before placing on the grill. Although this creates extra dishes, it will allow them to begin the cooking process much faster. Broccoli and cauliflower pair with steak, pork chops, or chicken. Fresh from the garden to the grill in less than an hour's work. A perfect ending to a sweltering summer day.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Broccoli
- Butter (lactose)
- Cauliflower
- Ham
- Mushrooms
- Onions
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan:

Grill safe aluminum pan, or

**Grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of broccoli

15 ounces of cauliflower

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop:

15 ounces of broccoli

15 ounces of cauliflower

2. Add to grill safe aluminum pan, or

** Grill packet:

15 ounces of broccoli

1 tablespoon of butter

15 ounces of cauliflower

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of bacon bits

3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.
Add your oven time here: _____.

Raw Broccoli and Cauliflower

Broccoli and cauliflower can be eaten raw tossed together, or in a salad. A bowl of raw vegetables can make an easy, limited mess snack when working on the computer. This mixture may be mixed with other raw vegetables and bacon bits. Wash the vegetables well before eating. Also, wash frequently touched objects, such as the computer mouse and keyboard to avoid cross contamination. Raw vegetables don't have to be plain. Lightly salt the pieces to soften the texture and replace naturally lost salt in the summer. Otherwise, dip the raw vegetables into melted butter, or a favorite salad dressing.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Broccoli
- Butter (lactose)
- Cauliflower
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pan: None

Ingredients:

Meat: None

Vegetables:

8 ounces of broccoli

8 ounces of cauliflower

Other ingredients:

Dash of salt

Optional:

2 tablespoons of butter

2 tablespoons of favorite salad dressing

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop:

8 ounces of broccoli

8 ounces of cauliflower

2. Place in bowl and mix:

8 ounces of broccoli

8 ounces of cauliflower

Dash of salt

Optional:

2 tablespoons of butter

2 tablespoons of favorite salad dressing

Spices, such as pepper, to taste

Cook Temperature: None

Cook Time: None

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in

Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in
Resources

Reheat Instructions: None

Carrots

Carrots of many varieties can easily be grown in many places. They do better in some types of garden soil than others, based on variety. Some carrots are short and stubby while others are long and thin. Some people have luck growing them in containers, while other people can't seem to grow them no matter what they try.

Local rabbits and squirrels will eat the carrot tops.

Carrots, like many vegetables, have superstitions about what they are good for. While it is true that they contain certain vitamins and minerals that are good for the eyes, as well as the rest of the body, there are other vegetables that contain equally high quantities of those vitamins and minerals.

Many people like to eat carrots raw, or shred them and put them on salads. Shredding carrots is really just another form of peeling. Constantly peeling off the layers and eating them. This is probably the easiest way for a person with mouth problems to eat carrots. Carrots can be bought already shredded, or shred your own.

Baked Carrots

Baking carrots is an easy way to prepare raw carrots so they are easy to eat. For people with low vision, or low dexterity, slicing raw carrots can be very dangerous, as they tend to slide. There is no need to peel carrots. Adding a dash or two of salt, and a 1/4 cup of brown sugar will also help soften them. Another option for slicing raw carrots is to soak them in water in the fridge for up to 12 hours. Canned or frozen carrots can also be baked, though canned ones may fall apart if baked too long.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Brown Sugar (diabetics)
- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon.
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat: None

Vegetables:

15 ounces of carrots

Other ingredients:

1/4 cup of brown sugar

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop 15 ounces of carrots.
2. Place 1.5 quart oven safe pan:
1/4 cup of brown sugar
1 tablespoon of butter
15 ounces of carrots
Dash of salt
Spices, such as pepper, to taste
Enough water to cover most of the carrots
3. Cover pan and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes **

** If using raw carrots wash thoroughly, and slice before cooking. Cook time may increase to one hour.

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in

Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Carrots

Boiled carrots are something that many people don't enjoy. Some people prefer carrots steamed or raw. Like other vegetables, eating them steamed or raw may help retain some vitamins and minerals. Not everyone's teeth can chew raw or steamed carrots. It's not easy to dress up boiled carrots if you don't like them. Carrots in other dishes, such as casseroles, provide an opportunity to eat them as a secondary ingredient. With a little butter, boiled carrots are soft, chewy, and delicious. Add a little salt, or vinegar for different flavors. The sweet carrots recipe is a tasty treat style carrot dish.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of carrots

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice 15 ounces of carrots.
2. Add to a 2 quart sauce pan:
 - 15 ounces of carrots
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Raw Carrots

Carrots are a common raw vegetable on vegetable trays. Strong teeth are needed to eat a full raw carrot. That crunching sound may not be only the carrot breaking between the teeth. Tooth damage is likely if large, raw carrots are eaten. Carrots peeled with a potato peeler are commonly used in raw vegetable salads, stews, or eaten plain. Carrot peelings will snap between the fingers and will help to gently remove food particles from the teeth with less chance of cracking the teeth. They can also be a tasty treat with butter, or a favorite salad dressing covering them.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Pepper

Spices

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pan: None

Ingredients:

Meat: None

Vegetables:

8 ounces of raw carrots

Other ingredients:

Dash of salt

Optional:

2 tablespoons of butter

2 tablespoons of favorite salad dressing

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash 8 raw carrots well under warm water.

2. Slice the 8 ounces of raw carrots.

3. Add to a bowl or plate with:

Dash of salt.

Optional:

2 tablespoons of butter

2 tablespoons of favorite salad dressing

Spices, such as pepper, to taste

Cook Temperature: None

Cook Time: None

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions: None

Sweet Carrots

Sweet carrots are easily made from canned carrots. Brown sugar improves the taste of the carrots, as well as adding an interesting texture to the meal. Some people like to have a little sweet with sour so they might like sweet carrots beside turnip greens with vinegar on them. Although adding sugar will make it difficult for some people such as diabetics to eat them, they make a nice treat. In some cases, for gluten intolerance, sweet carrots may be the easiest dessert to be made by a family member who doesn't know how to cook gluten free desserts.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Brown Sugar (diabetics)
- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of carrots

Other ingredients:

1/2 cup of brown sugar

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to a 2 quart sauce pan:

1/2 cup of brown sugar

1 tablespoon of butter

15 ounces of carrots

Dash of salt

Spices, such as pepper, to taste

Enough water to cover carrots

2. Cook over medium heat.

3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Cauliflower

Cauliflower, like broccoli, can be eaten raw, steamed, baked, grilled, or in casseroles and soups. Multiple styles and colors are available in European and other countries. In addition to the basic white, they are available in orange, green, and purple. If eaten together, they would make a colorful salad without the addition of other vegetables.

When cooked, some of the varieties of colored cauliflower change colors yet again. There are many health benefits, such as high vitamin C, and cancer protection, from eating cauliflower. To keep these benefits, the rawer eaten, the better. However, like broccoli, raw cauliflower can cause stomach upset and other problems.

For growing purposes, most varieties need to grow in an extended, cool, frost free region. Many pests will eat the roots, leaves, and the edible portion of the plant. Home grown cauliflower would be pesticide free, if not pest free.

It is vital to wash the cauliflower well, even if home grown, due to pests, and other people's pesticide use, especially in regions where pesticides are purposely spread by plane.

Baked Cauliflower

Baking cauliflower is an excellent way to break down the chemicals that cause upset stomach from raw or steamed cauliflower. Baking a pan of colorful cauliflower is a treat to the eyes, as well as the stomach. It can be baked with other foods, or in casseroles, to add color, flavor, or texture. Baking is best done for 45 minutes to an hour at 350 degrees to fully cook the internal parts of the cauliflower. Optionally, cheese and/or bacon bits can be added for more flavor. This is a good snack for people who have trouble eating and gaining weight.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Cauliflower
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife

Pot holders

Spoon

Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of cauliflower

Other ingredients:

1 tablespoon of butter

1/2 cup of cheese

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop 15 ounces of cauliflower.
2. Add to 1.5 quart oven safe pan:
1 tablespoon of butter
15 ounces of cauliflower
1/2 cup of cheese
Dash of salt
Spices, such as pepper, to taste
Enough water to cover most of the cauliflower
Optional:
1/4 cup of bacon bits
3. Cover pan and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Cauliflower

Steaming cauliflower allows most of the vitamins and minerals to remain within the vegetable. Boiling the cauliflower makes it easier to eat and gentler on the stomach. In order to make sure that the cauliflower cooks evenly, chop into very small pieces. Add bacon bits or cheese to boiled cauliflower for flavor and texture.

Cauliflower is commonly used in casseroles to add texture and fiber. Some people like to boil and mash cauliflower in place of mashed potatoes. Include a dash of butter and gluten free gravy for a tasty side dish. Cook time varies depending on texture and flavor required.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits (gluten)
- Butter (lactose)
- Cauliflower
- Cheese (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Cheese
- Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 2 quart sauce pan

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of cauliflower, thawed is better

Other ingredients:

1 tablespoon of butter

1/2 cup of cheese

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop 15 ounces of cauliflower.

2. Add to a 2 quart pan:

1 tablespoon of butter

15 ounces of cauliflower

1/2 cup of cheese

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of bacon bits

3. Cook over medium heat.

4. Stir every 10 minutes, turn heat down 1/3 each time.

5. After 20 minutes, add the 1/2 cup of cheese carefully.

6. Stir constantly, or the cheese will stick and burn.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Grilled Cauliflower

Wash thoroughly and slice before preparing the grill safe vegetable packet. Separate cauliflower into bite sized pieces. Soak in butter, or oil, before grilling. Grilled cauliflower can cook unevenly. Cooked cauliflower looks and tastes similar to mashed potatoes, and is occasionally used in place of potatoes in recipes. However, due to high fiber content, avoid a sudden swift change in dietary fiber amounts consumed, or unwelcome pain and discomfort will occur. Cauliflower is often ready to be picked and eaten far before potatoes, and is an early garden substitute. It's not difficult to grow, although garden pests also like it.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Cauliflower
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork

Knife
Pot holders
Spoon

Pan:

Grill safe aluminum pan, or

** Grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of cauliflower

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop 15 ounces of cauliflower.
2. Add to grill safe aluminum pan, or * grill packet:
1 tablespoon of butter
15 ounces of cauliflower
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup of bacon bits
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Raw Cauliflower

Raw cauliflower's texture is rough, like a sponge, and will scrub at tough food accumulations on the teeth. If cauliflower is well washed, it is safe to eat raw, unless it causes stomach upset. There are a variety of vitamins in cauliflower that can be lost or changed during cooking. Therefore, many people advise eating it raw, or lightly steamed. A carbohydrate and fiber rich food, cauliflower adds flavor, color, and texture to raw vegetable mixtures. When eaten raw, it can leave an odd taste in the mouth. A warm buttery sauce will soften it some without affecting vitamin content.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Cauliflower

Pepper

Spices

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pan: None

Ingredients:

Meat: None

Vegetables:

8 ounces of raw cauliflower

Other ingredients:

Dash of salt

Optional:

2 tablespoons of butter

2 tablespoons of favorite salad dressing

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash 8 ounces of raw cauliflower well under warm water.

2. Slice the 8 ounces of raw cauliflower.

3. Place in a bowl:

8 ounces of raw cauliflower

Dash of salt

Optional:

2 tablespoons of melted butter, or

2 tablespoons of favorite salad dressing

Spices, such as pepper, to taste

Cook Temperature: None

Cook Time: None

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions: None

Corn

Corn is an ancient vegetable grain. It grows like a grain and has some of the vitamins and minerals of a vegetable. By itself, it is lacking many vital nutrients. In regions where corn was originally one of the primary foods, people suffered from malnutrition if they did not eat a variety of other vegetables and meats as well.

In modern times, corn is used in nearly everything. It is made into meal or flour to replace wheat in many dishes. A controversial sweetener created from corn is now used in food and drinks. Corn has been fed to animals that would normally eat grass and various other vegetation. It has also been turned into a source of energy for vehicles. Corn has a tremendous cost to the environment due the fertilizers and pesticides used on it, that wash into local rivers, and disrupt the river life cycle.

Corn can be easily grown in a backyard garden in a few rows, or a circle. Some grow into colorful ears, while others are best for roasting, or popping.

Baked Corn on the Cob

If the summer grill is full of meat, corn on the cob can easily be baked in the oven. If you want the grilled look and texture, place it on the higher oven rack, with aluminum foil on a lower rack above the coils to collect any juice. You can also wrap corn on the cob in aluminum foil with a little butter and salt. Or in a typical baking dish with a little water, butter, and salt. Baking in the oven retains the juice and taste of corn on the cob. Baking in the oven takes about an hour.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Corn
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Pot holders
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat: None

Vegetables:

2 ears of corn, broke in half

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash corn thoroughly. Break ears in half.
2. Place in 1.5 quart oven safe pan:
1 tablespoon of butter
2 ears of corn
Dash of salt
Spices, such as pepper, to taste
Enough water to cover most of the corn.
3. Cover pan and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes **

** Wash corn thoroughly and break in half before baking.

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Corn

Boiled corn is often a common staple. Corn is considered a high source of fiber, and boiling doesn't decrease this. Add a little butter and salt on a hot summer day to keep your electrolytes in balance. Buttered corn feels smooth and soft. When mixed with other vegetables, it may not be as smooth. To change the side dish flavor and texture, add other options, such as diced red or green peppers, or lima beans. Use caution with peppers. Peppers make some people very ill. As a casserole ingredient, leftover corn increases texture. Corn can be eaten to improve digestion.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Corn
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of corn

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to a 2 quart pan:
1 tablespoon of butter
15 ounces of corn
Dash of salt
Spices, such as pepper, to taste
Enough water to cover corn
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Corn on the Cob

Boiled corn on the cob is often one of the first side dishes a teenager may try to make. It sounds so easy to drop the corn in the water and watch it boil. With no additional steps necessary, this is also often the first vegetable a person burns. They often forget to add enough water. The water boils away. Sometimes, it's salvageable if there are still bubbles on the bottom of the pan. Break the cob in half for a single serving. When broken in half, they fit in a smaller pan, and the water will boil quicker.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while cooking

Visual Accommodations:

Potential Food Allergy or Intolerance:

Butter (lactose)
Corn
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Pot holders
Spoon
Pan: 8 quart sauce pan

Ingredients:

Meat: None

Vegetables:

4 ears of corn broke or sliced in half

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and break 4 ears of corn in half.
2. Add to 8 quart pan:
 - 1 tablespoon of butter
 - 8 half ears of corn
 - Dash of salt
 - Spices, such as pepper, to taste
3. Add enough water to nearly fill pan.
4. Cook over medium heat.
5. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Grilled Corn on the Cob

Grilled corn on the cob is a summer favorite. Sometimes, it doesn't get quite done. Breaking, or slicing the cobs in half, decreases cook time. Add to the grill before the meat, and they are more likely to fully cook. Placed directly on the metal grill, marks burn onto the corn. Be careful about adding butter to the grill pack if placed on, or near, the coals. A grill packet may catch on fire if butter leaks. This happened one summer day. Flames shot up and singed the meat. It was delicious, even though the foil packet had been on fire.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Corn
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

Pot holders.

Pan:

Grill safe aluminum pan, or

** Grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding

them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat: None

Vegetables:

4 ears of corn, broke in half

Other ingredients:

1 tablespoon of butter

Dash of salt

Preparation time: 10 minutes

Preparation:

1. Wash and break 8 ears of corn.
2. Add to grill safe aluminum pan, or *grill packet:
1 tablespoon of butter
8 half ears of corn
Dash of salt
3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Greens

Greens typically include asparagus, collard greens, spinach, turnips, and turnip greens. They are full of health benefits, vitamins, minerals, and cancer fighting properties. Many recommendations include eating steamed greens. However, this is not always a good idea. While steamed vegetables do maintain a higher degree of vitamins and minerals, they can also irritate some people's stomachs.

Many an upset stomach is caused by people being encouraged to eat raw vegetable salads year round. It is best to eat raw vegetables when in season, fresh from the garden. This is especially true of vegetables such as lettuce, radishes, turnips, and other green leafy vegetables.

Greens can be stored frozen then eaten at a later date. However, they quickly lose some of their health benefits and may not be as digestible when thawed. The study of digestibility issues is just beginning. Whether the problems occur because of chemical changes within the food, or natural seasonal bacterial changes in the digestive tract, is currently unknown.

Regardless of whether eating fresh vegetables, or how prepared, always wash produce thoroughly.

Asparagus

Asparagus is a gentler green vegetable and can be baked in casseroles, boiled on the stove, or heated in the microwave. It is the least likely of the greens to cause an upset stomach. When chopped and baked in a casserole, they're often indistinguishable from green beans. Microwave cooking is tricky, especially with stringy asparagus. When boiled on the stove, they can be cooked until tender. Adding extras, such as butter, ham, or bacon bits will improve the taste, and potentially alter in a positive way, the minerals and vitamins within the asparagus so that they are absorbed better.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Asparagus
- Bacon bits (gluten)
- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 1 quart sauce pan

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of cut asparagus

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:

1. Wash and chop 15 ounces of cut asparagus.
2. Add to 1 quart sauce pan:
15 ounces of cut asparagus
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup of bacon bits
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Spinach

When most adults think about spinach, they picture cartoons of their youth. Those cartoons were designed to encourage children to eat greens. Characters often ate spinach without cooking it. Although it can be eaten raw, spinach causes the most stomach trouble of the common greens. When steamed, part of the difficult to digest aspect is broken down. Baked in a casserole, or even on a pizza, spinach is more fully cooked. Boiled spinach can be improved by adding bacon bits, ham, or even onions. Once on the plate, a little vinegar adds a tart flavor. Enjoy spinach in small, digestible amounts.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Mushrooms
- Onions
- Pepper
- Spices
- Spinach
- Vinegar

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Spoon

Pan: 1 quart sauce pan

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of diced spinach

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

2 tablespoons of vinegar

Preparation time: 5 minutes

Preparation:

1. Wash and dice 15 ounces of spinach.
2. Add to 1 quart sauce pan:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
15 ounces of diced spinach
Optional:
1/4 cup of bacon bits
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.
5. On the plate, add up to 2 tablespoons of vinegar.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Turnip Greens

Turnip greens are another favorite easy garden grown vegetable. Both the turnip under the ground, and the leaves on top are usable, and edible. Both can be washed, chopped, and added to a salad raw. Or, steam them before eating. Chopped and used in casserole dishes, turnips maintain a texture similar to potatoes. Boiled turnip greens go well with most meat dishes. To avoid digestion problems, be sure they are diced and fully cooked. Turnip greens freeze reasonably well. Slice or dice the turnips before freezing for best results later. Bacon bits and an oil and vinegar solution add flavor.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Mushrooms
- Onions
- Pepper
- Spices
- Turnips
- Turnip greens
- Vinegar

Meatless Preparation Avoid:

- Bacon bits
- Butter

Ham

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 1 quart sauce pan

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits, or

1/4 cup of diced ham

Vegetables:

15 ounces of diced turnip greens

1/4 cup of diced turnips

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

2 tablespoons of vinegar

Preparation time: 5 minutes

Preparation:

1. Wash and dice:

1 turnip

15 ounces of turnip greens

Dice optional:

1/4 cup of bacon bits, or

1/4 cup of diced ham

2. Add to 1 quart sauce pan:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste
15 ounces of diced turnip greens
1/4 cup of diced turnips

Optional:

1/4 cup of bacon bits, or
1/4 cup of diced ham

3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.
5. On the plate, add up to 2 tablespoons of vinegar.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Turnips

Turnips have a slightly strange spicy taste. A special texture and taste is added to meals that include turnips and turnip greens. They can be used in place of potatoes in casseroles, soups, or prepared as mashed turnips. Turnips can be fried with onions and potatoes. They can be sliced or diced with or without skins and frozen, as long as they are washed well. Turnips may be sliced and eaten raw. This is the most likely way to get an upset stomach. Once, turnips were commonly grown and eaten. They are easy to grow in a tiny garden plot or a large container.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Onions
- Pepper
- Spices
- Turnips

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders

Spoon

Pan: 1 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of diced turnips

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:

1. Wash and dice 15 ounces of turnips.
2. Add to 1 quart sauce pan:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
15 ounces of diced turnips
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Onions

There are many kinds of onions. They can be eaten raw, steamed, baked, fried, or grilled. Small bulb onions may be eaten whole. Colors are primarily purple, white, or yellow. They have many health benefits, some of which are most beneficent when eaten raw.

In fact, one of the best ways to help your sinuses drain is to slice an onion. On those dry, backed up nose, winter days, keep an onion on hand to slice. If dexterity does not allow slicing onions, having some pre sliced and frozen is the next best thing. A quart bag of frozen sliced onions will keep a long time in the freezer, and it is easy to break apart the amount you need. If you heat raw onions in the microwave to soften them, only heat about 20 seconds at a time, or they may catch on fire.

Onions are generally included in dishes, or as a garnish. Sometimes, when I just don't feel like eating, fried onions and mushrooms will awaken my senses and make me hungry.

Note: Onions can be used in a variety of dishes. However, they can also be an allergen to people and pets. Interestingly, allergies to onions may be to only one type of onion, such as raw onions, or dried onions, though not both.

Note: Also, pets should never be fed onions, or dishes containing onions. They can be a toxin, especially to dogs. That doesn't mean you should panic if a 65 pound dog accidentally eats a piece smaller than your fingernail. Call a veterinarian if you think your dog or cat has ingested onions. Even onions in the yard can be a hazard. Though most animals leave them alone.

Onions and Mushrooms

Fried mushrooms and onions are a comfort food. Use just enough oil to cover the bottom of frying pan. Add a couple of dashes of salt and turn the heat on to medium. Allow the onions to cook until they boil. Turn down 1/3. Stir constantly to prevent sticking. As the onions become clearer, add the mushrooms. Fry until the mixture is caramelized. Mushrooms and onions can be eaten alone, on a plate of rice or noodles, or on top of a hamburger. If standing to stir isn't feasible, bake the onions and mushrooms in an oven safe pan.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Mushrooms
- Onions
- Pepper
- Spices
- Vegetable oil

Meatless Preparation Avoid:

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon

Pan: 8 inch frying pan

Ingredients:

Meat: None

Vegetables:

4 ounces of sliced mushrooms

1/2 cup of diced onions

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 5 minutes

Preparation:

1. Wash and dice:
4 ounces of mushrooms
1/2 cup of onions
2. Add enough vegetable oil to cover the bottom to the 8 inch frying pan.
3. Turn on stove to medium heat.
4. When oil is warm, add 1/2 cup of diced onions.
5. Stir and watch until they begin to become clear.
6. Turn heat down 1/3.
7. Add 4 ounces of sliced mushrooms.
8. Cook over 1/3 less than medium heat.
9. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in

Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Potatoes

Potatoes can be grown in many varieties. There are red, purple, brown, and sweet potatoes. And hundreds more varieties grown in South America.

The most common backyard grown potatoes grow from the eye sprouts of the crop from the year before. It's easy to slice the eyes off, and plant them for a new bumper crop. Brown potatoes are used in school age food color experiments this way.

Sweet potatoes grow from plant starts that vine all across a garden plot. Allow the vines to grow up a set of supports, if needed. They can be trimmed and kept neatly in a four foot square area.

Potatoes can be eaten whole, with or without skins, baked, fried, grilled, or in a stir fry. Some people even eat potatoes raw, though that doesn't sound good.

Some people with food sensitivities will have a sensitivity to potatoes, as well. While they may be able to enjoy the occasional potato as part of a meal, they can no longer eat only a potato, or even a favorite potato soup.

Baked Potatoes

Baked potatoes are a restaurant and summer favorite. Some people like them plain or with butter while other people prefer them smothered in a combination of sour cream, cheese, bacon bits, and ham pieces. Baking whole potatoes in the oven usually takes about 1.5 hours. On the grill, they take far longer than the meat and may not fully cook. Microwaved potatoes often end up with a metallic taste. Unless they were previously cooked. Potatoes can be baked whole, sliced, or diced. Sliced or diced potatoes bake in about an hour, and may be covered with a layer of cheese.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits (gluten)
- Butter (lactose)
- Ham
- Mushrooms
- Onions
- Pepper
- Pork
- Potatoes
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham

Pork

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 2.5 quart oven safe pan **

** Wrapped in aluminum foil also works, though potatoes may leak butter.

Ingredients:

Meat:

1 tablespoon of bacon bits, or

1 tablespoon of ham

Vegetables:

4 ounces of mushrooms

Potatoes

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

Cheese

Cream cheese

Preparation time: 10 minutes

Preparation:

1. Slice a line the long way down the potato, then several shorter lines across the short way.
2. Add butter into the opening.
3. Place in 2.5 quart oven safe pan.
4. Top with:
1 tablespoon of butter
Dash of salt

Spices, such as pepper, to taste

4. Place pan in oven.

5. When cooked add additional ingredients:

1 tablespoon of bacon bits, or

1 tablespoon of ham

4 ounces of mushrooms

Optional:

Cheese

Cream cheese

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Smaller potatoes make bake quicker. Also, if potatoes are sliced, they may bake in 1 hour.

Servings: 1 potato per person

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
Add your oven time here: _____.

Baked Sweet Potatoes

Baked sweet potatoes are a delightful dessert. Sweet potatoes can be baked whole, or sliced, with lots of butter and brown sugar. Another option is to slice and bake them as chips. Sweet potato fingerlings can be washed and baked or grilled whole. Giant sweet potatoes are difficult to chop while raw. They do take a while to bake to fully done. Baking softens them so they are easier to slice and eat. Growing sweet potatoes is easy. Sweet potatoes continue to grow after a partial harvest, as long as part of the vine is still rooted to the ground.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Brown sugar (diabetics)
- Spices
- Sweet potato

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart round oven safe pan.

Ingredients:

Meat: None

Vegetables:

Sweet potato

Other ingredients:

2 tablespoons brown sugar

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place sweet potato in 2 quart oven safe pan.
2. Slice one line long ways and a few short ways on the potato.
3. Add:
 - 2 tablespoons brown sugar
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
4. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: Varies based on size of potato. Fist sized potato about 1 hour.

Servings: 1 to 2

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Baked Sweet Potato Chips

Baked sweet potatoes chips are a tasty treat. Slicing them takes longer than baking them. Once sliced and baked, they can be easily frozen and broken apart for snacks at later times. Chips can be dehydrated and taken on trips. These chips are generally the sweet potato treat recommended for dogs. Please check with a veterinarian before feeding dogs special treats. For dogs, do not include sugar or butter. Only a dash of salt to help soften the sweet potato bonds and make the sweet potato more edible. It isn't necessary to take skins off, if they are well washed.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices
- Sweet potato

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: Stainless steel baking sheets

Ingredients:

Meat: None

Vegetables:

Sweet potatoes

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Carefully slice sweet potatoes as thinly as possible.
2. Arrange on baking sheet.
3. Add a dash of salt, or optionally other spices as desired.
4. Place baking sheet in oven.

Cook Temperature: 350 degrees

Cook Time: Varies based on chip thickness. Check after about 8 minutes.

Servings: 1 baking sheet is 2 to 3 servings

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 1.20 minutes.

Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.

Add your oven time here: _____.

Boiled Sweet Potatoes

Preparing sweet potatoes by boiling is quicker than baking them. However, they lose some of their flavor and texture. The amount of sugar necessary can be adjusted based on the amount of sweet potatoes used. Sugar substitutes are not recommended, as they do not mix well with sweet potatoes. Sweet potatoes are typically eaten at holiday meals. However, they're delicious any time of year and can be cooked from home grown sweet potatoes. Fingerling potatoes chop easier than full sized ones. Fresh potatoes take longer to boil than canned ones, so adjust cook time accordingly. Fresh from the garden snacks.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Brown sugar
- Butter (lactose)
- Pepper
- Spices
- Sweet potato

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife

Pot holders

Spoon.

Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of sweet potatoes (diced or sliced)

Other ingredients:

1/2 cup of brown sugar

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice sweet potatoes.
* Fresh sweet potatoes will require an hour of cooking time.
2. Add to a 3 quart pan:
1/2 cup of brown sugar
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
15 ounces of sweet potatoes (diced or sliced)
Enough water to cover sweet potatoes
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Potatoes

Boiled potatoes are a typical side dish for meats such as roast and steak. Sometimes, boiled potatoes are kept almost raw. Other times, they are almost soft enough to turn into mashed potatoes or potato soup. A potato soup recipe is included below. Fresh from the garden potatoes are sometimes boiled whole. This is especially true of red potatoes, which are rarely peeled or sliced. Sometimes, onions are added to boiled potatoes. One recipe calls for boiling potatoes in a frying pan with onions. Fry boiled potatoes with onions have an interesting taste and texture. Herbs add flavor, as well.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Onions
- Pepper
- Potato
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 2 quart sauce pan

Ingredients:

Meat:

Optional:

1/4 cup bacon bits, or

1/4 cup diced ham

Vegetables:

15 ounces of sliced or diced potatoes

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice potatoes.

* Fresh potatoes will require 45 minutes to 1 hour of cooking time.

Dice optional:

1/4 cup bacon bits

1/4 cup ham

2. Add to a 3 quart sauce pan:

1 tablespoon of butter

15 ounces of sliced or diced potatoes

Dash of salt

Spices, such as pepper, to taste

Enough water to cover sweet potatoes

Optional:

1/4 cup bacon bits, or

1/4 cup diced ham

3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Grilled Potatoes

Our ancestors grilled potatoes by placing them in the ashes or coals that they kept alive all day. Today, that is generally not an option. Placed on the average grill, a full sized potato will not completely cook before the coals go cold, or the meat is done. Therefore, in order to grill potatoes, it is best to slice or dice them and add butter and salt. Grilled potatoes can come fresh from the garden, bagged from the grocery store, or even canned potatoes. The longer they cook, the softer they'll be. Sweet potato fingerlings may be grilled whole.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill
- B. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Pepper
- Potato
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan:

Grill safe aluminum pan, or

** Grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits, or

1/4 cup of diced ham

Vegetables:

15 ounces of sliced potatoes

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash, and slice or dice potatoes.

Dice optional:

1/4 cup bacon bits

1/4 cup ham

2. Add to a grill packet:

1 tablespoon of butter

15 ounces of sliced or diced potatoes

Dash of salt

Spices, such as pepper, to taste

Enough water to cover sweet potatoes.

Optional:

1/4 cup of bacon bits, or

1/4 cup of diced ham

3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Grilled Sweet Potatoes

Grilled sweet potatoes was kind of an accident. After digging up the sweet potatoes one fall, there were a lot of long, thin ones that would be difficult to slice. Since it was about time to prepare food for the grill, I decided to place them in a grill packet with butter and some brown sugar. They cooked to perfection. So soft and tender I could eat them without slicing. In fact, they were more like sweet potato fries. A second batch of accidental, grillable sweet potatoes, soon appeared, as a few vines had been forgotten with roots in the ground.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill
- B. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices
- Sweet potato

Meatless Preparation Avoid:

- Butter.
- Substitute with: _____

Utensils:

- Fork
- Pot holders
- Pan:
 - Grill safe aluminum pan, or

**** Grill packet**

**** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.**

Ingredients:

Meat: None

Vegetables:

**15 ounces of sweet potatoes (sliced), or
Several fingerling sweet potatoes**

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1 tablespoon of brown sugar

Preparation time: 10 minutes

Preparation:

- 1. Wash and slice or dice sweet potatoes.**
- 2. Add to grill safe aluminum pan, or * grill packet:**
 - 1 tablespoon of butter**
 - Dash of salt**
 - Spices, such as pepper, to taste**
 - 15 ounces of sweet potatoes (sliced), or**
 - Several fingerling sweet potatoes**
 - Optional:**
 - 1 tablespoon of brown sugar**
- 3. Close packet and place on grill.**

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Mashed Potatoes

Mashed potatoes are a typical holiday favorite. Often, they are served with gravy, which can be a problem for the gluten free lifestyle. However, now there are many gravies that are created gluten free. There are also recipes for making gravy using cornstarch. Most of these recipes did not cost much more than the average gravy recipe, which can be a great help. Sometimes, in place of gravy, a gluten free mushroom soup can be used, and it is often healthier than some gravies. Potato mashers can be used. However, they can be very difficult to clean.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Milk (lactose)
Pepper
Potato
Spices

Meatless Preparation Avoid:

Butter
Milk
Substitute with: _____

Utensils:

Chopping board
Fork
Knife
Spoon

Pan: 8 quart stockpot

Ingredients:

Meat: None

Vegetables:

5 large baking potatoes, sliced or diced

Other ingredients:

2 tablespoons of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of milk as desired (lactose free)

Almond, or

Soy

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice 5 baking potatoes.
No need to peel the skin off.
2. Add an 8 quart stockpot:
2 tablespoons of butter
5 large baking potatoes sliced or diced
Dash of salt
Spices, such as pepper, to taste
Enough water to cover potatoes and nearly fill the pan.
Optional:
1/4 cup of milk as desired (lactose free)
Almond, or
Soy
3. Heat to a boil over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.
5. When potatoes are soft, drain excess water and mash with a solid spoon.
6. Add additional butter, or lactose free milk, as desired.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 6 to 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Potato Soup

Potato soup is a winter time favorite and once a staple of people with few other resources. It can be plain and simple. Or add a variety of vegetables and meats to make a full meal. Gluten free mushroom soup will thicken it up to the correct consistency. For people with mushroom allergies, add a little cornstarch to thicken the soup instead. Boiled with ham or bacon bits, and a side of cornbread, this would be a delicious meal. Potatoes can be boiled with, or without, the skin on. Gluten free crackers can also be used in place of cornbread.

Pre Cook Preparation:

- A. Timer set for preparation time set for 15 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Milk (lactose)
- Mushrooms
- Mushroom soup (gluten)
- Pepper
- Potato
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Milk

Ham

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 8 quart stockpot

Ingredients:

Meat:

1/2 cup of bacon bits, or

1/2 cup of diced ham

Vegetables:

5 large baking potatoes (diced or sliced)

1/4 cup chopped celery

1/2 cup mushrooms

Optional:

6 ounces of sliced carrots

6 ounces of peas

Other ingredients:

1 tablespoon of butter

Mushroom soup (gluten free)

Dash of salt

Spices, such as pepper, to taste

Optional:

1/4 cup of milk, as desired (lactose free)

Almond, or

Soy

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice:

1/4 cup celery

1/2 cup mushrooms

5 baking potatoes

No need to peel the skin off

Optional:

6 ounces of sliced carrots

Dice:

1/2 cup of bacon bits or

1/2 cup of ham

2. Add to the 8 quart stockpot:

1/2 cup of bacon bits, or

1/2 cup of diced ham

1 tablespoon of butter

1/4 cup chopped celery

1/2 cup mushrooms

Mushroom soup (gluten free)

5 large baking potatoes (diced or sliced)

Dash of salt

Spices, such as pepper, to taste

Enough water to cover potatoes and nearly fill pan

Optional:

6 ounces of sliced carrots

1/4 cup of milk as desired (lactose free)

Almond, or

Soy

6 ounces of peas.

3. Heat to a boil.

4. Reduce to a simmer, stirring every 10 minutes until soft.

5. Add additional butter, or lactose free milk as desired.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 6 to 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Peas

Peas are such a delicious food that they should be easy to grow in the garden. However, for some reason, this is often not the case. They like cooler weather and sunny soil. We've tried planting peas many years. The first year we planted them, we ended up with one plant and three pea pods. The last time we planted them, we ended up with four plants, and almost enough peas for one serving.

They can sometimes be bought at farmers markets and shelled at home. This can be a fun way to spend a summer afternoon. It can teach young children eye and hand coordination while listening to stories. Arthritis can prevent adults from being able to shell peas.

Peas can be eaten by themselves, uncooked in a pea salad, boiled, in stir fries, soups, stews, and casseroles. One of the most versatile of vegetables, they add a light flavor, pretty color, and texture to all meals. As a comfort food, peas are sometimes eaten when nothing else will settle on the stomach.

Boiled Peas

Boiled peas are a comfort food and can be eaten anytime anywhere. Sometimes, peas are eaten raw. Generally, they are cooked until they are nice and soft, or mushy. They can be microwaved, though they generally don't get quite as done. Sometimes, it's good to mix peas with other vegetables, most commonly carrots, or add them to a casserole or soup. Peas go well with most meat and vegetable dishes. They can be difficult to eat for the visually impaired because they slip off of a fork too easily. Use a bowl and spoon.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

Butter (lactose)
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Fork
Pot holders
Spoon
Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of peas

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to a 2 quart sauce pan:
1 tablespoon of butter
15 ounces of peas
Dash of salt
Spices, such as pepper, to taste
Enough water to cover peas
2. Cook over medium heat.
3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Peas and Carrots

Boiled peas and carrots combined their texture and flavors to make a delicious vegetable dish. Peas are soft, while the carrots tend to be firmer. By combining the two together, there is one less pan to wash. Cooked together, the carrots will not be sweetened. The combined flavor of peas and carrots improves the flavor of both. Any leftovers can be used in later casserole dishes or soups. In fact, this can be a great way to prepare for batches of leftover foods. After cooking, the peas and carrots can easily be frozen together to thaw when needed.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Fork
- Pot holders
- Spoon.
- Pan: 3 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of carrots

15 ounces of peas

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to a 2 quart sauce pan:

1 tablespoon of butter

15 ounces of carrots

15 ounces of peas

Dash of salt

Spices such as pepper to taste

Enough water to cover peas

2. Cook over medium heat.

3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Ham and Peas

Baked ham and peas can be made with cheese, cracker crumbs, or a variety of vegetables and spices. This can be a simple dish, or as complex as desired. Gluten free pasta can be boiled ahead of time and added to make this a special casserole. Uncooked gluten free pasta does not bake well, so boil either to done, or almost done, before baking. A great leftovers dish that can be adjusted based on need and available ingredients. Without noodles, this dish is easily frozen in individual servings for chilly winter days. Perfect for days you just don't want to eat.

Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Bread crumbs (gluten)
- Butter (lactose)
- Cheese (lactose)
- Crackers (gluten)
- Ham
- Mushrooms
- Noodles (gluten)
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter

Ham

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 2.5 quart oblong oven safe baking pan with lid

Ingredients:

Meat:

2 cups of diced ham

Vegetables:

4 ounces of mushrooms

15 ounces of peas

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

2 cups noodles (gluten free)

1/3 to 1/2 cup of shredded cheese

1/3 cup of cracker crumbs (gluten free), or

1/3 cup of bread crumbs (gluten free)

Preparation time: 10 minutes

Preparation:

1. Dice 2 cups of ham.

2. Pre Cook noodles.

3. Drain noodles.

4. Break or chop:

Optional:

1/3 to 1/2 cup of shredded cheese

1/3 cup of cracker crumbs (gluten free), or

1/3 cup of bread crumbs (gluten free)

5. Add to a 2.5 quart oven safe pan:
 - 1 tablespoon of butter
 - 2 cups of diced ham
 - 4 ounces of mushrooms
 - 15 ounces of peas
 - Dash of salt
 - Spices, such as pepper, to taste
6. Stir gently.
7. Sprinkle additional optional ingredients:
 - Optional:
 - 2 cups noodles (gluten free)
 - 1/3 to 1/2 cup of shredded cheese
 - 1/3 cup of cracker crumbs (gluten free), or
 - 1/3 cup of bread crumbs (gluten free)
8. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Pea Salad

Pea salad is usually made with raw peas. Pea salad is slower to spoil than its cousin, the chicken salad. It makes a good summer picnic vegetable. However, due to the eggs and mayonnaise, avoid leaving in the sun, or outside of refrigeration for lengthy periods of time. This can be a quick way to use up mayonnaise and boiled eggs during a power outage. Some people like to add bread or cracker crumbs for texture. Be sure they are gluten free. In a mixed gluten/gluten free household, be aware of gluten crumbs in food jars, such as mayonnaise.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

- A. Set timer to boil eggs for one hour before meal preparation
- B. Set timer to one hour while eggs boil
- C. Eggs need to cool before shelling
- D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored mixing bowls

Potential Food Allergy or Intolerance:

Crackers
Crumbs (gluten)
Eggs
Mayonnaise
Onion
Pepper
Relish
Spices

Meatless Preparation Avoid:

Eggs
Substitute with: _____

Utensils:

Chopping board

Mixing bowl

Paring knife

Wooden spoon

Pan: 2 to 3 quart sauce pan

Ingredients:

Meat:

4 boiled eggs

Vegetables:

Optional:

1/4 cup chopped onion

15 ounces of peas

Other ingredients:

1/4 cup chopped celery

1/2 cup of mayonnaise (adjust as needed)

2 tablespoons of pickle relish (or diced pickles)

Dash of salt

Spices, such as pepper, to taste

(Commonly includes: garlic powder, lemon pepper)

Optional:

Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:

1. Boil at full boil for 10 minutes 4 eggs.

Takes about 45 minutes to an hour.

2. Chop and add to medium sized mixing bowl:

1/4 cup of celery

4 boiled eggs

1/2 cup of mayonnaise (adjust as needed)

1/4 cup of onions

2 tablespoons of pickles

Optional:

15 ounces of peas

Spices, such as pepper, to taste

- Commonly: garlic powder, lemon pepper
3. Mix well with a wooden spoon.
 4. Add more mayonnaise if needed.
 5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes and place in the fridge

Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources

Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:

Allow to warm on plate for 3 to 5 minutes before eating.

Squash

There are many types of squash. Not all are good to eat. Most need to be baked or boiled to be edible. Some various types of edible squash include: acorn, banana, butternut, carnival, pumpkin, spaghetti, yellow, and zucchini.

Acorn, butternut, carnival, and spaghetti squash are available in stores. I have never tried to bake any of these, except for butternut. I didn't like the way it turned out and never tried it again. Other than yellow squash, and zucchini, many squashes have an extremely hard shell. This can make them difficult to slice and prepare for baking.

Yellow squash and zucchini are two of the most versatile of squashes. They can be baked, boiled, diced in casseroles, grilled, or even made into breads.

Zucchini and yellow squash are relatively easy to grow in a home garden. They do spread and vine out across the ground, with lots of flowers that attract birds, butterflies, and bees.

This cookbook will not cover zucchini bread. It can be challenging to make gluten free with limited vision and dexterity.

Note: There are zucchini bread recipes available on some gluten free flour mixes.

Baked Yellow Squash

Our ancestors likely once roasted whole or halved squash in the ashes of the cooking fire. Today, we slice and bake them without the fire. A potato peeler will remove the skin off if desired. They can be baked with the skin on, though some varieties do have a tougher skin. A little butter, and some gluten free bacon bits bring out the flavor and texture. As one of the first fruits of the garden, they are most delicious when first picked. There may be only moments between garden, a warm bath, and into the oven for a yellow squash.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife

Pot holders

Spoon.

Pan: 1.5 quart round oven safe pan with lid

Ingredients:

Meat:

Optional:

Bacon bits

Vegetables:

1 squash

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice 1 yellow squash.
2. Place in 1.5 quart oven safe pan:
1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste
1 sliced squash
Enough water to almost cover squash
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to 1 hour

Servings: 1 to 2. Varies based on size of squash.

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Baked Zucchini

Zucchini is the green squash. Like yellow squash, it is not necessary to take the skin off to bake and eat it. Zucchini can be sliced and baked with yellow squash. Baking together brings out the flavors of both. Zucchini is often little firmer than yellow squash. This is why it is often fried in batter. While it is possible to make a gluten free batter, it is messy. Baked is simpler. It may be possible to bake it in the batter, and leave the mess behind. Dice the zucchini first. Grilling, alone or with yellow squash, is another alternative.

Pre Cook Preparation:

- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife

Pot holders

Spoon

Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:

Optional:

Bacon bits

Vegetables:

Zucchini

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice 1 zucchini.
2. Place in 2.5 quart oven safe pan:
1 tablespoon of butter
Dash of salt
Spices such as pepper to taste
1 sliced zucchini
Enough water to almost cover it
Optional:
Bacon bits
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to 1 hour

Servings: 1 to 2

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Yellow Squash

Boiled yellow squash can be made with fresh from the garden squash, or frozen squash. It can be simple with butter, or mixed with a combination of ham, bacon bits, and zucchini. In general, yellow squash does not need to have the skin peeled off in order to slice, or dice, and boil it. Be careful not to add too much water as boiled yellow squash will fall apart. Once frozen, the ice cubes add even more water to the pan. Boiled together with zucchini, there is a satisfying mix of flavors and textures. Wash well before slicing and cooking.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 2 quart sauce pan

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits, or

1/4 cup of diced ham

Vegetables:

15 ounces of yellow squash (diced or sliced)

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice 1 fresh yellow squash.
2. Dice optional 1/4 cup of ham.
3. Add to a 2 quart sauce pan:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - 15 ounces of yellow squash (diced or sliced)
 - Enough water to cover broccoliOptional:
 - 1/4 cup of bacon bits, or
 - 1/4 cup of diced ham
4. Cook over medium heat.
5. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Boiled Zucchini

Zucchini can be steamed or boiled. Steamed zucchini may need to be peeled because it does not cook the skin to an edible texture. Whether sliced, or diced, it is not necessary to cut off the skin, unless it has become too thick from growing too long. Large zucchini can be difficult to chop. Adding ham bits to zucchini increases flavor. Zucchini does not shrink up quite as far as yellow squash and therefore goes further. It is better with some meals than others, particularly steak or roast. Because the texture is different, some people prefer yellow squash over zucchini.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders

Spoon

Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of zucchini (diced or sliced), thawed is better

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice a zucchini.
2. Add to a 2 quart sauce pan:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - Enough water to cover zucchini
 - 15 ounces of zucchini (diced or sliced)
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Grilled Yellow Squash

Yellow squash is another from garden to grill in less than an hour treat. Yellow squash varieties vary in size, shape, and texture. Bumpy varieties are generally not the best for the grill. Smooth skinned squash, picked while still small, often cook the best on the grill. It is not necessary to remove the skin from garden fresh produce. Though, if store bought, removing the skin will help remove pesticides and chemicals from storage and transportation. Wash, dice, and prepare with a slightly salty butter mixture for excellent texture. Like other vegetables, they take longer to cook than meat on the grill.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork

Knife
Pot holders
Spoon

Pan:

Grill safe aluminum pan, or

** Grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of yellow squash

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice 1 to 2 yellow squash.

2. Add to grill safe aluminum pan, or

* grill packet:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

15 ounces of yellow squash

Optional:

1/4 cup of bacon bits

3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Grilled Zucchini

Grilled zucchini is frequently paired with yellow squash. Zucchini grows larger than most yellow squash varieties. However, for the grill, small, barely developed zucchini is best. If zucchini grows larger than yellow squash, the skin may have to be sliced off. The interior is drier, and the seeds are larger. An alternative for grilling in butter is to use vegetable oil, or vinegar and vegetable oil mixture. No breading of any kind is recommended for grilling zucchini. There are gluten free breading mixtures available for other zucchini dishes. If desired, marinate zucchini for 10 to 15 minutes in vegetable oil.

Pre Cook Preparation:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan:

Grill safe aluminum pan, or

** Grill packet

** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:

Optional:

1/4 cup of bacon bits

Vegetables:

15 ounces of zucchini (diced)

Optional:

15 ounces of diced yellow squash

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice

1 to 2 zucchini squash

Optional:

1 to 2 yellow squash

2. Add to grill safe aluminum pan, or

* grill packet:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

15 ounces of zucchini (diced)

Optional:

- 1/4 cup of bacon bits
- 15 ounces of diced yellow squash
- 3. Close packet and place on grill.

Cook Temperature: Grill

Cook Time: About 15 to 20 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.

Squash and Green Bean Casserole

A fresh from the garden vegetable dish. Timing is essential. Know how long it takes to pick, wash, slice, and bake before you start the meal. If I pick the green beans and squash at 2 pm, this dish can be in the oven about 3 pm. There may be more green beans and squash left to wash and freeze while the food cooks. Dragon beans are a good substitute for green beans. Zucchini and yellow squash work well. Canned green beans work with frozen, sliced squash. It's not as good as fresh sliced green beans that were growing an hour before.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon.

Pan: 1.5 quart round oven safe pan with lid

Ingredients:

Meat: None

Vegetables:

- 2 cups sliced green beans
- 1 sliced yellow squash
- 1 sliced zucchini

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time:

- 10 minutes
- 1 hour if picking directly from the garden

Preparation:

1. Wash and slice:
 - 2 cups sliced green beans
 - 1 sliced yellow squash
 - 1 sliced zucchini
2. Add to 1.5 quart, round oven safe pan:
 - 1 tablespoon of butter
 - 2 cups sliced green beans
 - Dash of salt
 - Spices such as pepper to taste
 - 1 sliced yellow squash
 - Enough water to cover vegetables
 - 1 sliced zucchini
3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Squash and Meat Casserole

Squash and meat casserole is a mostly fresh from the garden meal in a pan. Use either yellow squash or zucchini. Multiple meats can be used, such as bacon bits, chopped pork, diced ham, scrambled beef, or diced chicken. This recipe will use diced ham, as it adds a specific flavor and texture to the dish. As in the squash and bean casserole, knowing the time it takes to pick, wash, slice, and prepare the food for baking is essential. The fresher the vegetables, the better. Sometimes, especially with ham or bacon, this dish tastes even better the day after.

Precook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon bits
Butter (lactose)
Ham
Mushrooms
Mushroom soup (gluten)
Pepper
Squash
Spices

Meatless Preparation Avoid:

Bacon bits
Butter
Ham
Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:

1 cup of diced ham

Optional:

1/2 cup of bacon bits

Vegetables:

15 ounces of diced green beans

4 ounces of mushrooms

1 sliced yellow squash

1 sliced zucchini

Other ingredients:

1 tablespoon of butter

Mushroom soup (gluten free)

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice:

15 ounces of diced green beans

4 ounces of mushrooms

1 sliced yellow squash

1 sliced zucchini

2. Dice:

1 cup of ham

Optional:

1/2 cup of bacon bits.

3. Add to 2.5 quart oven safe pan:

1 tablespoon of butter
15 ounces of diced green beans
1 cup of diced ham
4 ounces of mushrooms
Mushroom soup (gluten free)
Dash of salt
Spices, such as pepper, to taste
1 sliced yellow squash
1 sliced zucchini

Optional:

1/2 cup of bacon bits

4. Mix well.

5. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Vegetable Casserole

Vegetable casserole can be a simple dish for warm summer days when heavy food doesn't sound good. It can be made with a variety of vegetables and never end up the same twice. Gluten free drop biscuits can be added to make a vegetable pot pie. Simpler mixtures will yield a comforting, home cooked flavor and feel. More complex mixtures add a little spice to an evening, without the need for actual spices. This is a mostly vegetarian dish. It is okay to add meat leftovers such as ham, burger, turkey, or chicken. Or use this as a side dish.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Corn
- Mushrooms
- Pepper
- Potatoes
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife

Pot holders

Spoon

Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat: None

Vegetables:

15 ounces of carrots

15 ounces of corn

4 ounces of mushrooms

15 ounces of peas

12 ounces of potatoes (diced)

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice:

15 ounces of carrots

4 ounces of mushrooms

12 ounces of potatoes

2. Add to a 2.5 quart oven safe pan:

1 tablespoon of butter

15 ounces of carrots

15 ounces of corn

4 ounces of mushrooms

15 ounces of peas

12 ounces of potatoes (diced)

Dash of salt

Spices, such as pepper, to taste

3. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Appendixes:

Pet Safe Meals

Gluten Free Products

Grocery Stores with Gluten Free Lists

Find a Gluten Free Menu App

Gluten Free Restaurant Menus

Potential Allergens

Recipe Remedies

Resources

Pet Safe Meals

These meals do not advocate feeding table scraps to your pets. Many foods humans eat are toxic to animals. Especially chocolate. Please refer to the Dangerous Foods for Dogs or Pet Poison List in Resources before serving human food to a pet, as various ingredients, especially spices, are included in it. Also, be sure and speak with a qualified veterinarian before beginning a raw, or home cooked, food regimen for animals.

Beef and Rice

Chicken and Rice

Ham on Rice

Pork and Rice

Turkey and Rice

As a treat sauce to moisten food you can choose only one food per meal:

1/4 cup carrots

1/4 cup corn

1/4 cup green beans

1/4 cup meat juice (as long as there no onions or peppers)

1/4 cup sweet potatoes

Gluten Free Products

This section will name gluten free products that are used in above recipes. Other products exist that I don't list. If you find a product that doesn't taste right to you, it may mean you have a different reaction to a gluten free ingredient used. It does not mean the product is bad. There are a few brands I avoid due to this. It is perhaps the xanthan gum used in them.

Prepared cookies: Pamela's®, Ian's®, Knickknack®, Aldi Live G Free

Cake mix: Betty Crocker® Kroger Simple Truth Organic, Aldi Live G Free

Brownie mix: Betty Crocker®, Aldi Live G Free

Cookie mix: Betty Crocker®, Pillsbury® (frozen)

Pie dough: Pillsbury® (frozen)

Pizza dough: Pillsbury® (frozen), Udi's®, Amy's®

Breaded fish: Ian's®

Breaded chicken: Ian's®

Bread: Hodgson Mill®

Flours never tried though available: King Author, Pamela's®.

Chicken noodle soup: Gluten Free Cafe TM (cans)

Split pea: Progresso® (several flavors are marked gluten free)

Cream of mushroom soup: Progresso®

Amy's® also has canned soup, as well as frozen meals.

Rice or corn noodles: DeBoyles®, Barilla®,

Crackers: Gultino®

Pretzels: Snyder's®

Ice cream: Soy Dream®, Rice Dream® (Check lid to verify gluten free)

Grocery Stores with Gluten Free Lists

This book will not link to specific grocery store lists, as they update and change links from time to time. It also will not include every single store.

In general, if want to find out about your local store's gluten free shopping list, you have two major options:

1. In your favorite search engine type: Store's Name, and then Gluten Free Menu (List or Guide also work).
2. Ask to speak to the manager at the service desk. They may or may not know if there is a printed list.

Below is a partial list of grocery stores that have an online shopping list. Most are downloadable as a PDF.

National Brands Gluten Free List (This was found on the Meijer site)

GFS® (preorder gluten free items for pickup)

Kmart® (searchable only)

Kroger

Meijer®

Sam's Club® (searchable only)

Trader Joe's

Whole Foods®

Walmart (searchable only)

New stores add their own lists all the time, so be sure and check frequently. Also, many gluten free sites maintain store and restaurant evaluations. This will show up in your search for the store. These sites may list a few items if the store does not have an individual list.

Find a Gluten Free Menu App

As with grocery stores, there are sites that evaluate restaurants on their gluten free menus, and their ability to respond to a gluten free request. Feel comfortable using them and check their guidelines. They may allow, or encourage you, to ask for a restaurant to be rated by their blog. There are many groups on Facebook, and apps on smart phones to help you find a Gluten Free restaurant. Most are free.

There are far more pages and apps than I know about. Here are a few I do know.

iPhone:

- Gluten Freed
- Find me GF

Facebook:

- Celiac Restaurant Guide
- Gluten Free Resource Directory
- Gluten Free Restaurant Guide

Twitter:

- Gluten Free Works
- GFDdoctor - Jean Layton

Gluten Free Restaurant Menus

This book will not link to specific restaurant lists, as they update and change links from time to time. This just gives a variety of what can be found.

And remember, when eating out, unintentional cross contamination is likely to occur.

In general, if want to find out about your local restaurant's gluten free menu, you have two major options:

1. In your favorite search engine type: Restaurant's Name and then Gluten Free Menu (Most are actually listed as an all allergy menu).
2. Ask to speak to the manager. They may or may not know of a gluten free menu.

Below is a partial list of restaurants that have an online gluten free menu. Most are downloadable as a PDF.

Applebee's®

Arby's TM

Bob Evans®

Cracker Barrel® (Not on their website. This was compiled in response to a celiac site requesting it from headquarters).

Dairy Queen®

Moe's®

Qdoba®

Red Lobster®

Taco Bell® (Not easy to read or download)

Wendy's®

New restaurants add their own lists all the time, so be sure and check frequently. Also, several celiac sites add new information on existing restaurants on a regular basis.

Potential Allergens

Apple (fructose)
Asparagus
Bacon
Bacon Bits (gluten, pork)
Bananas (fructose)
Barbecue Sauce (tomatoes, gluten, food dyes)
Beans
Beef
Beef Stock (gluten)
Bread (gluten)
Brown Sugar (diabetics)
Broccoli
Blackberries, (diverticulitis, fructose)
Blueberries (diverticulitis, fructose)
Brown sugar (diabetics)
Butter (lactose)
Cauliflower
Cereal (gluten)
Cheese
Chocolate chips
Chicken
Cinnamon
Clams
Cocoa powder (chocolate)
Cookies (gluten)
Corn
Cornbread (gluten)
Crab
Crackers (gluten)
Crumbs (gluten)
Dragon Beans
Eggs
Fish
Flour (gluten)
Gravy packet or can (gluten)
Green Beans
Ham (pork)
Honey (children, diabetics)
Ice cream (gluten, lactose)

Italian Dressing (gluten, spices)
Jam (diverticulitis, fructose, gluten)
Jelly (diverticulitis, fructose, gluten)
Ketchup (tomatoes)
Kidney Beans
Lemon Juice
Lettuce
Lobster
Milk (lactose)
Mackerel
Mayonnaise
Mushrooms
Mushroom Soup (gluten)
Mussels
Mustard
Noodles (gluten)
Nutmeg
Oatmeal (gluten)
Octopus
Onions
Orange raspberries (diverticulitis, fructose)
Oysters
Peach (fructose)
Peanut butter
Peanuts
Pecans
Pepper
Peppers
Pepperoni
Peppers
Pinto Beans
Pizza sauce (tomatoes)
Pork
Pork Stock (gluten, pork)
Potatoes
Powdered sugar (diabetics)
Relish (peppers)
Rice
Salt
Salmon
Sausage (gluten, spice)

Shrimp
Soft Taco Shells (gluten)
Soy Sauce (gluten)
Spaghetti Sauce (tomatoes)
Spices
Spinach
Squash
Squid
Sugar (diabetics)
Strawberries (diverticulitis, fructose)
Sweet Potato
Tomatoes
Tuna
Turkey
Turnips
Turnip Greens
Vanilla Flavor (gluten)
Vegetable Oil
Vinegar
Walnuts
Yogurt (lactose)
Zucchini

Recipe Remedies

Disclaimer: I am not a doctor. Check with your doctor if you think you are sick. These recipes are not an attempt to diagnose or treat any illness.

This section will list and link to recipes that help certain common conditions.

Low Blood Sugar

Low blood sounds like an oxymoron in today's society. Yet many people with chronic illnesses suffer from it. Even people with diabetes who accidentally take too much insulin may need an adjustment.

Sugar Water Recipe - For a sudden fall, sugar amount can be increased.

Peanut Butter Candy - Eat up to half a cup.

Low Salt

Another health concern many people don't realize exists. Generally, this occurs in three populations:

- The elderly who are on a strict no salt diet

- Those who exercise vigorously in high temperatures

- Chronic illnesses such as POTS (Postural Orthostatic Tachycardia Syndrome). Sweating removes salt from the body. Salt is required for muscles and organs to work properly. Eating a non processed food diet, or a no salt diet, can cause the body to not retain enough salt. Generally, a dash of salt per dish is plenty. Verify with a doctor if you have concerns about average sodium levels.

After working and sweating outside in summer, an extra dash of salt is a good idea. Any lengthy time in temperatures above 90 degrees, that cause sweating, even with a fan. To regain lost salt, eat a naturally salty meal. The best recipes to increase salt temporarily are often fish recipes.

Lobster Stew

Shrimp Stir Fry

Salt Water

Sore Throat

Commonly, sore throats are allergy and sinus drainage related. While waiting on an appointment, or if one dose of the following recipes does not help, check with a doctor.

Apple and Ginger Ale Cider

Apple and Tea Cider

Honey Lemon Tea

Hot Apple Whiskey Tea (Apple and Tea Cider with a tablespoon of whiskey)

Too Hot

Feeling warm is a good thing. Feeling too hot isn't. Actual body temperatures above 105 can be dangerous. Contact a doctor if body temperature rises above 105.

In general, to cool off try:

1. Taking shoes and sock off. If this doesn't work,
2. Place feet in cool water. If this doesn't work,
3. Eat sherbet or ice cream. If this doesn't work,
4. Try a frozen rice sock on your face, forehead, or feet. (See Rice Socks) If this doesn't work,
5. Try a cool, not cold bath. If this doesn't work,
6. Contact a doctor.

Interesting note: In some parts of the world, people add layers to sweat more and to cool off faster. Adding layers is generally not recommended in medical situations, or high environmental temperatures.

Sometimes, feeling too warm is a body's out of sync reaction to change, temperature, stress, or a full stomach. In this case, adding layers may add comfort, decreasing the feeling of overheating.

Rice Socks

1. Choose a knee length clean sock.
2. Sew closed any visible holes, except the top.

3. Fill with up to 2.5 pounds of dried rice. (If using on the neck, have your medical doctor clarify the weight you can use.)

4. Sew the hole at the top closed.

Rice socks can also be frozen to use in summer to cool down in a hurry.

Rice socks can be heated in a microwave for over a minute, and placed directly on sore muscles. Be careful, as it can burn the skin if too hot.

Too Cold

Many people scoff at the idea of being too cold, thinking they can always add more layers. After two or three layers, a person will actually feel colder.

Cold for people who have chronic illnesses is very dangerous. Skin that is cold to the touch is not normal. Hypothermia can occur regardless of environmental temperatures. In hypothermia, the body temperature drops below a healthy functioning temperature. Many common signs that are seen daily in office environments: confusion, shivering, poor coordination, holding the arms close to the body, and frequent restroom breaks.

How to warm a too cold person up:

1. Add a heated blanket. Be cautious of burning numb skin.
2. Heat from the inside out. Drink very warm, not too hot tea.
3. Slight exercise to warm up the muscles. (Arm and ankle movements).
4. Increase food and warm liquid.
5. A warm bath.

Generally, alcohol is not recommended for hypothermia caused by being in the outdoor elements (it increases heat loss in the extremities). However, for some people, if their internal temperatures drop too low, and it is from being in a cold indoor environment (like cold offices), the only way to warm them up after all else has failed, may be a single alcoholic drink and a warm bed. If used in this way, limit to one alcoholic drink, and no more than one or two a month.

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Thanks!

Abby Brown

About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.

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